

A swimmer in a pool, wearing a black swim cap and goggles, is captured in a dynamic pose, possibly performing a butterfly stroke. The water is a vibrant blue, and there are splashes around the swimmer. A yellow lane line is visible in the background.

**COACH BLYTHE'S  
SWIM WORKOUTS**

**BLYTHE LUCERO**

# **Technique Swim Workouts**

- ≈ Contains 100 workouts
- ≈ Practice sessions up to 2000 yards/meters
- ≈ Learn technique focus points

**MEYER  
& MEYER  
SPORT**

## TECHNIQUE SWIM WORKOUTS

## DEDICATION

To all those amazing Barracudas

# TECHNIQUE SWIM WORKOUTS

**Blythe Lucero**



Meyer & Meyer Sport



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## INTRODUCTION

I have always been of the opinion that it is best for a swimmer to workout with a coach present. I have developed this conclusion over many years, first as a swimmer, then as a swimming teacher and coach. This opinion has been reinforced frequently, both during my own experience in the water, as an athlete in training, and then from the deck, while observing the development of swimmers.

When a coach is part of the equation, there to design training content and routines, guide the progression of development, and provide motivation and challenge when needed, a swimmer can concentrate on swimming! Of all the things a coach does, one of the primary benefits lies in his or her ability to observe stroke technique in terms of swimming efficiency. This is an important part of a swimmer's progress at all stages of development. For beginning and intermediate swimmers, the coach's observation is critical to identifying technique errors, doing it early, and giving corrective feedback long before those errors become habit. For advanced swimmers, the coach's observation takes the form of refining stroke technique, and providing reminders so the swimmer remains focused on maintaining the most efficient style even during the most strenuous training phase. I believe a coach's observation and feedback facilitates the most direct path for a swimmer's improvement.

There is an unspoken partnership between athlete and coach. In the most successful of these relationships, both are engaged in all aspects of the pursuit. A positive outcome comes from a situation where both athlete and coach are dedicated to the training program, committed to pursue improvement through specific and frequent practice, and focused on the goal. I feel that it is really too much to expect the athlete to do both jobs. Training can be extremely demanding, and as if that is not enough, life is full of distractions and responsibilities. Some days it is just easier for the swimmer to say, "I'm sleeping in today," "I'm getting out early," or "I'm going to skip that set," if not for the fact that the he or she knows that the

# INTRODUCTION

coach is there on deck, holding up his or her end of the bargain. I believe that a strong swimmer/coach relationship provides the strongest foundation for good results from a training program.

Having made these points, there is something to be said for self-guided discovery. If an athlete is successful in maintaining motivation, taking on challenge and remaining focused on the goal, the process of working on stroke technique can be a very valuable experience. It takes a great deal of concentration and analysis to isolate and identify stroke problems, and to refine stroke technique. A swimmer who is able to do this well, and consistently, can find the experience of working out on their own to be quite satisfactory.

Over the last 20 years, I have encountered quite a few requests for workouts that swimmers can do on their own. I have provided workouts to swimmers, on a temporary basis, to do on vacation, or on work assignment out of town. Each time I have done so, I have carefully prefaced the set of workouts with specific guidelines to the swimmer.

I will do the same here:

In addition to conditioning, workout is your chance to practice swimming right. It is of the utmost importance to pay close attention to your stroke mechanics, and be very in tune with what makes swimming more and less efficient. Without your coach there to observe, it is now your job to identify and correct stroke problems and continually refine your technique. You must use your own senses to give you feedback. Above all, you must promise not to lose sight of the fact that everyday you swim you can learn more.

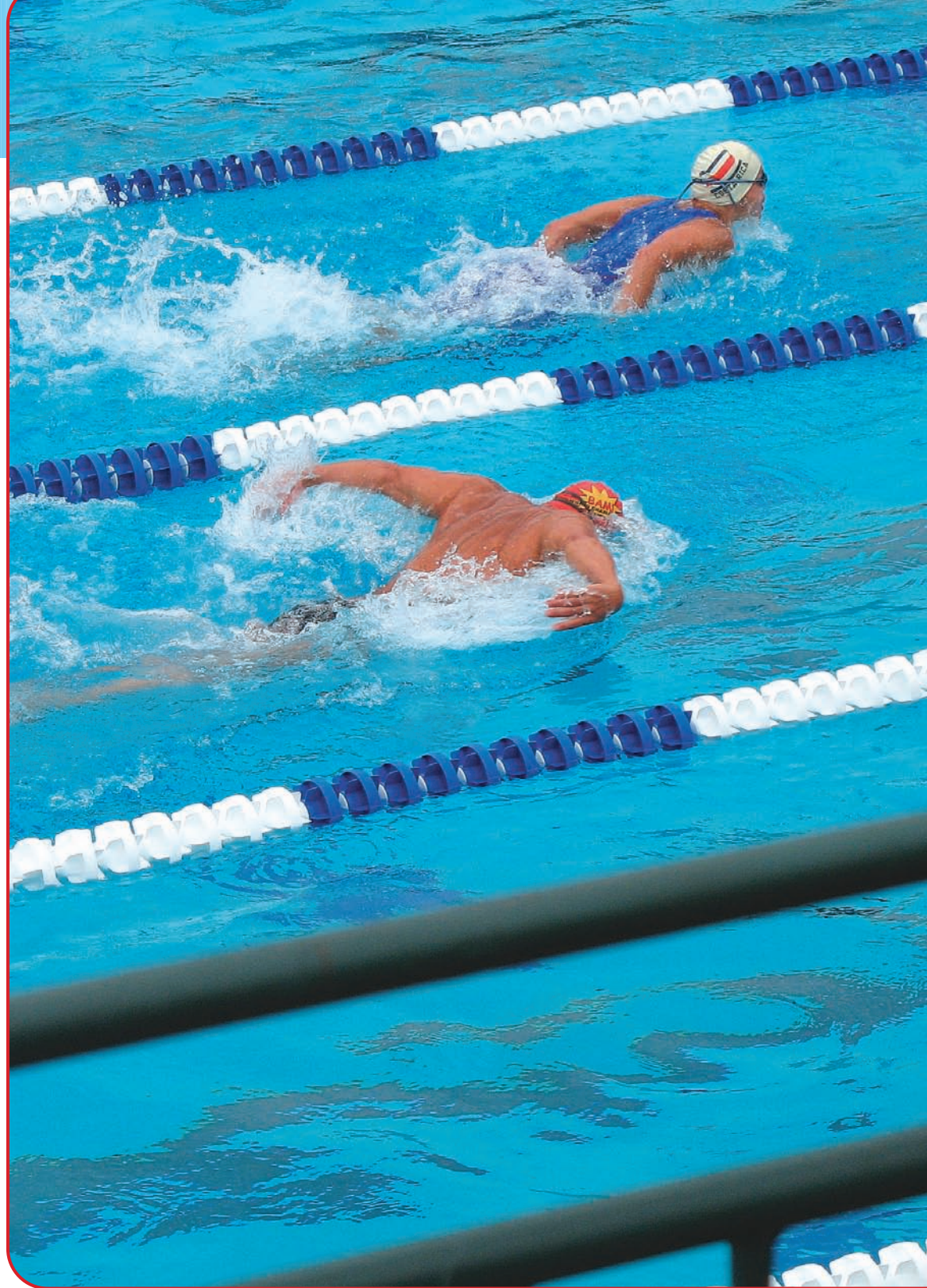
This is the first in a three book series, called “Coach Blythe’s Swim Workouts.” This book contains technique-based workouts, designed to help swimmers focus on the mechanics of swimming. The second book in the series contains conditioning workouts, designed to help swimmers build swimming capacity, strength and endurance. The third book in the series contains challenging workouts, designed for



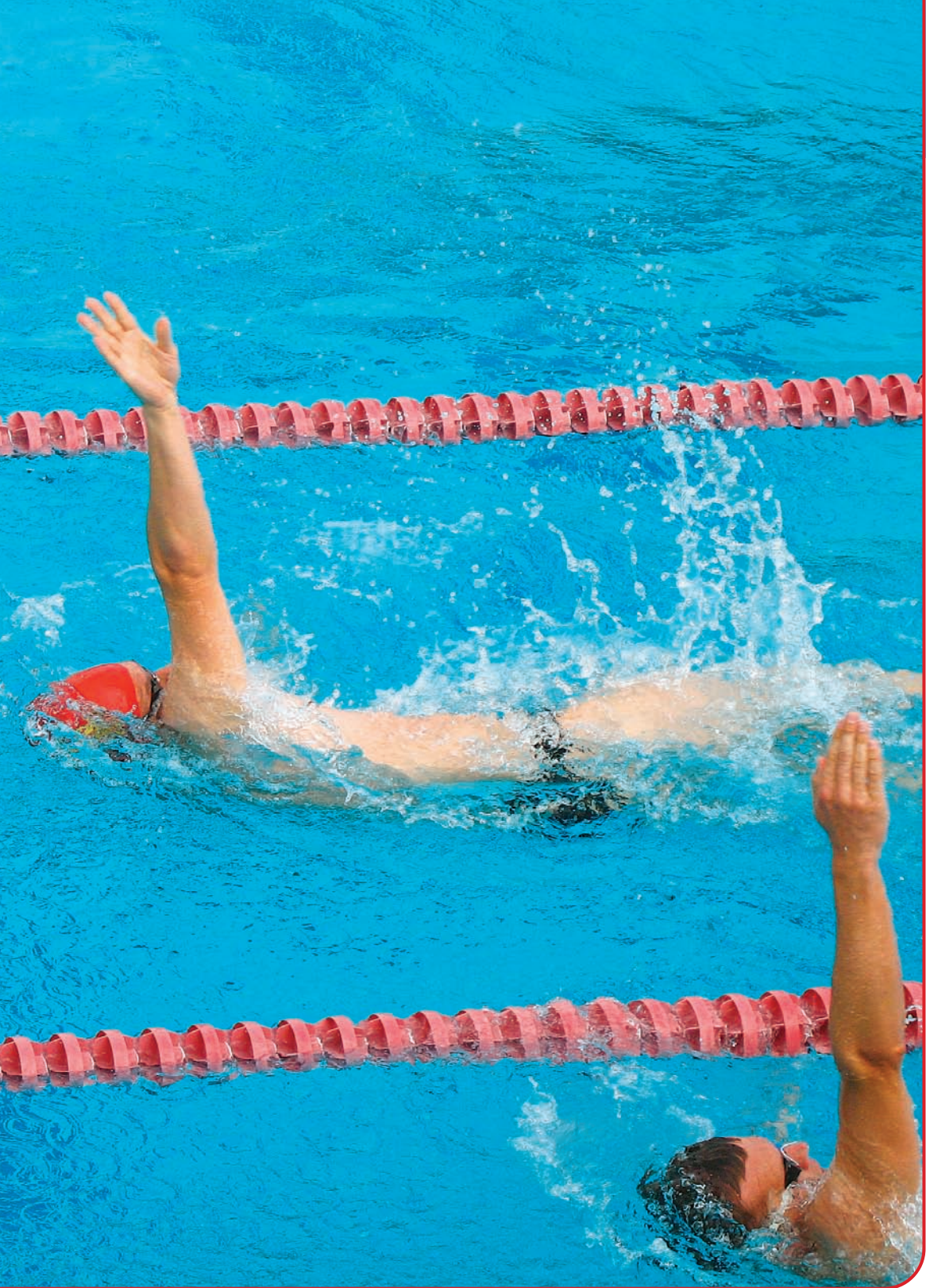
advanced level training. Swimmers may use the material in these books to practice and train on their own, when the swimmer's coach is not present, or to create their own training routine, with the guidelines above. Also, these books can be useful to coaches looking for workout content to use in the training programs they design for their teams.

The 100 workouts in this book focus on increasing general swimming efficiency by improving swimming technique. The workouts blend stroke drills and drill/swim bridging sets, in a format that will help build better technique, and build the endurance required to perform that technique over time. Workouts in this collection total up to 2,000 yards/meters. Specific workouts are included for each of the competitive swimming strokes. Each workout is designed as a balanced practice session unto itself, with warm up, progressions of technique work, progressions of effort and a cool down.

Without the intent of discouraging anyone taking up the wonderful sport of swimming, this book is not a Learn to Swim manual. Users of the book are expected to have basic water skills, including the ability to be able to completely submerge and recover to a standing position, float, tread water, and more forward with arms and legs. As well as advanced beginner and intermediate level swimmers, this book is also appropriate for advanced swimmers seeking a "technique tune up," in the journey toward more efficient swimming.







# GETTING THE MOST OUT OF THIS BOOK

## Working Out with a Purpose

Swimmers workout to achieve better swimming. Whether you define better swimming as more swimming capacity, endurance or more speed, better swimming is more efficient swimming. The workouts in this book are designed with one purpose: to help the swimmer increase swimming efficiency by making technique improvements. A more efficient swimmer is able to expend less energy, and therefore swim longer and farther with less fatigue. Swimming can then become a more rewarding activity. A swimmer who can swim longer without getting tired can then apply his or her attention and energy to building a good base of endurance. With increased swimming capacity, the swimmer may choose to train for faster swimming.

So, this collection of workouts is part of the process of becoming a better swimmer overall. This process does not happen immediately. It takes time, focus and practice. Patience and dedication are important qualities to bring with you in this process. If attention and time are given to swimming right, endurance, capacity for yardage and speed will happen.

The basic formula to keep in mind is this:

**SWIMMING WELL + SWIMMING OFTEN = BETTER SWIMMING**

## Swimming Well

The first element in the formula for better swimming is swimming well. Swimming is mechanically complex, and it is easy to get distracted with the effort that is initially required to get from point A to point B. Remember that it is more important to be focused on perfecting the mechanical aspects of swimming before turning your focus to swimming more and more yards.



### CORRECT PRACTICE

A respected swim coach once said, “Doing a drill 99 % correctly is 100 % wrong.” That seems harsh, but it is true. If a swimmer practices incorrectly, they are reinforcing poor technique. It is therefore a top priority to practice each drill, each stroke, each set as mechanically perfect as possible. At first it may seem very robot-like, even unnatural. Give it a chance. Remember that every skill improves with practice. Driving, typing and dancing are good examples of skills that improve with practice. We start by practicing them slowly, step-by-step. Then, gradually, they become comfortable, even automatic. There comes a time when we realize that we are performing a complex skill well, without thinking about it.

### FOCUS POINTS

Each workout in this collection begins with a “Focus Point” to help swimmers zero in on specific issues that the workout emphasizes, through specially chosen drills and sets. “Focus Points” address important issues including body position, kick productivity, eliminating drag, improving feel for the water, alignment, swimming in a core-centered manner, stroke coordination and leverage. It is important to think about the particular focus point, or theme throughout the workout, in order to get the full benefit of stroke improvement exercises.

Each workout asks the swimmer to progressively build mechanical skills into a complete swimming stroke. Each step of the way, the swimmer should try to relate what he or she is asked to do to the “Focus Point.” At times, it will be frustrating and confusing. Drills can be awkward and clumsy at first. Again, remember to be patient, and keep trying!

Sometimes the point of a particular drill can be elusive. If a particular drill is continually not making sense to you, ask a coach for feedback. Remember, the first step in becoming a better swimmer is to swim correctly.

As the swimmer improves each aspect of his or her stroke, it positively affects another. One by one the pieces will fall into place.

### Swimming Often

The second element in the formula for swimming well is swimming often. It is important to create a good workout routine that you can stick with. In addition to the considerations in this section, use your knowledge of your own experiences with other physical activities, and skill attainment to make a routine that works for you.

#### YOUR WORKOUT ROUTINE

It is well documented that frequency of practice is a key learning strategy. This means that the more often we are exposed to the skill we are trying to master, the faster the rate of learning. So, in general, a swimmer who swims four or five days a week will improve more quickly than a swimmer who swims once a week. This is something to keep in mind when planning your workout routine. If there is too much time between workouts, you will find yourself having to backtrack and repeat activities in order to refresh your memory and “feel” for the water, to regain the advances you made at your previous workout. A workout routine that keeps practice sessions closer together allows the swimmer’s body and mind to hold on to the forward steps taken at the previous workout, so that valuable repetition will work to reinforce and strengthen the swimmer’s understanding and muscle memory, instead of first having to re-establish it.

Workout frequency, however, must be carefully balanced with recovery time. Swimming well requires the use of almost every muscle in the body. It is a strenuous activity, especially as a swimmer is working on building capacity. Without ample rest between workouts, the swimmer cannot continue to adapt to the workload over time. A swimmer who is constantly fatigued is less motivated and less able to concentrate on the important skills they are practicing. This means that recovery time is an essential ingredient in becoming a better swimmer. So, in general a swimmer who swims four to five days a week will improve, over the long term, more quickly than a swimmer who swims seven days a week.

A workout routine of every other day is a good option for many swimmers. Some swimmers do well with a schedule of swimming two

days in a row, then taking a day off. For some, swimming each weekday, then taking weekends off works well. Developing a workout routine that works for you will take some trial and error. It is also something that will change over time as your skills and capacity for swimming increases.

In general, it is important to take at least two days off a week.

Always consult a doctor before beginning a fitness routine such as this.

### WHEN ENOUGH IS ENOUGH

Sometimes, there comes a point where a swimmer has reached the limit of benefit from a workout. These workouts are demanding on two levels, both physically and mentally. It is easy to fall into the trap of thinking that a workout of only about 2,000 yards is easy enough to complete. Remember, completing the workout is only part of the challenge. Benefiting from the content of the workout is more important. To make sure this is happening, regularly ask yourself the following questions during your workout:

- Am I too tired to concentrate on the point of the workout?
- Am I just doing empty yards?

If the answer to either question is “yes,” then, it is time to stop. Start again tomorrow.

Also, if you find yourself struggling to make it through a set, you will not be able to concentrate of the point of the set. So, if the distances called for are overwhelming, cut them in half.

### Achieving Better Swimming

By swimming well, and swimming often, a swimmer arrives at better swimming. It is important to remember that achieving better swimming is a process. It doesn't happen all at once, it occurs gradually and continually. It is important to be aware of your progress, and celebrate it along the way.

### MEASURING PROGRESS

Progress can be defined in many ways. Capacity for distance, and capacity for speed are two ways to evaluate progress. Ultimately, regarding this collection of workouts, progress in swimming efficiency is the most important measure of improvement.

Measuring progress requires a starting point to be established, then regular comparisons to that starting point must be done.

A swimmer's progress in terms of capacity for distance can easily be measured in yardage:

- How far can a swimmer swim, non-stop, compared to the previous week?
- How many yards can a swimmer complete in 10 minutes, compared to the previous week?

Progress in terms of capacity for speed can be measured in terms of time:

- How long does it take to swim 200 yards, compared to the previous week?
- How fast can a swimmer swim 50 yards, compared to last week?

Improvements in yardage and time can reflect improvements in swimming efficiency. An additional way to measure swimming efficiency is counting strokes:

- How many strokes does it take to cross the pool, compared to last week?
- Can the same number of strokes be maintained for four or eight lengths in a row?

As a part of your overall plan, it is a good idea to measure progress regularly, to insure that improvement is occurring and continuing. Choose a regular interval at which you measure progress, for instance once a week, or once a month. There should be enough



time between measures to allow for skills to develop and progress to be build, but not too much time to continue practicing in a manner that is not producing results.

If improvements are not shown, repeatedly when measuring progress, it provides important feedback. The swimmer may need:

- more time to practice each drill
- to practice the drills more precisely
- to change his or her workout routine to allow more recovery, or more exposure
- to consult a coach for observation and feedback

### VALUING THE PROCESS

Improvement may not happen every single time you measure your progress. This is natural. It is not the end of the world, and it is certainly not any indication that you should give up your pursuit of better swimming. Consider that swimming in and of itself is a rewarding experience. It is good for you on all levels: physically, mentally and emotionally. Notice the muscle tone that you are gaining. Notice the things you work out in your head while you are swimming. Notice the smile on your face after you swim. Your swimming is time well spent. Enjoy every minute of it.

# GETTING STARTED

This collection of workouts is organized by stroke emphasis. The first 25 workouts focus on freestyle technique. The next 25 focus on backstroke technique, then 25 on breaststroke technique, and 25 on butterfly. It is important to be familiar with the presentation of the workouts to get the most benefit from them. This section defines the terminology used within the workouts, describes the format in which the workouts appear, and finally, provides a summary of the technique drills that are called for within the workouts.

## Workout Terminology

It will be important to be familiar with the following terms and swimming jargon used throughout this collection of workouts, appearing here in alphabetical order:

- **25, 50, 75, 100, 200:**  
Refers to the distance to be done in terms of a 25 yard/meter pool. A 25 would be one length, a 50 would be two lengths, a 100 would be four lengths, etc.
- **4 x 25:**  
Refers to the number of times a distance is to be done, for instance, in this example, 25 yards will be done four times
- **50 Easy:**  
A short recovery swim, and a chance to reflect on the set that you just finished
- **Alternating 25s (or 50s) of:**  
Calls switching between two activities after a specific distance
- **Arms Leading:**  
The floating position with the arms extended over the head

## Technique Swim Workouts

- **Cool Down:**

The final exercise period of easy, continuous swimming that is important to gradually return the heart to its regular rhythm, and rinse out the muscles

- **Count Strokes:**

Counting the total number of strokes it takes per length of the pool

- **Drill:**

An exercise designed to practice a specific skill or aspect of a stroke correctly

- **Drill/Swim:**

An exercise that begins alternates drill and swim, in order to use the skills emphasized in the drill in practice while swimming the full stroke

- **Fast Freestyle (or other stroke):**

Using a faster tempo, and applying more power to move across the pool faster than usual

- **Flutter Kick:**

The kick done with Freestyle and Backstroke, using an alternating leg action

- **Focus Point:**

The theme or emphasis of the workout

- **Head Leading:**

The floating position with the arms at the side of the body

- **Kick:**

Leg action only. A kickboard may be used for front flutter kick, or breaststroke kick, however, backstroke kick and dolphin kick should always be done without a kickboard.

Kicking is an excellent aerobic activity and an important way to build swimming endurance

- **Kick – other than breaststroke kick:**

Any kick other than breaststroke kick. The reason for this is that breaststroke kick should only be done when the knees are completely warmed up to avoid injury

- **Pull:**

For freestyle only. Using a pull buoy to float your lower body, practice the upper body action of the stroke, including arm stroke, roll, alignment, and use of core

- **Stationary Drill:**

A drill that is done without covering distance in the pool

- **Swim:**

An exercise using the full stroke as specified

- **Underwater streamlined kick:**

Kicking while totally submerged, arms extended and tight over the ears, chin tucked, core engaged to be as streamlined as possible

- **w/15 SR:**

Refers to the amount of rest (R) in seconds (S) between swims. For example, in this case: with 15 seconds rest

- **Warm up:**

Initial exercise period of sustained, medium intensity swimming lasting at least ten minutes, or at least 10% of your total yardage. Also an opportunity to review what you covered in your previous workout, and to refresh your “feel” for the water

- **Your Choice:**

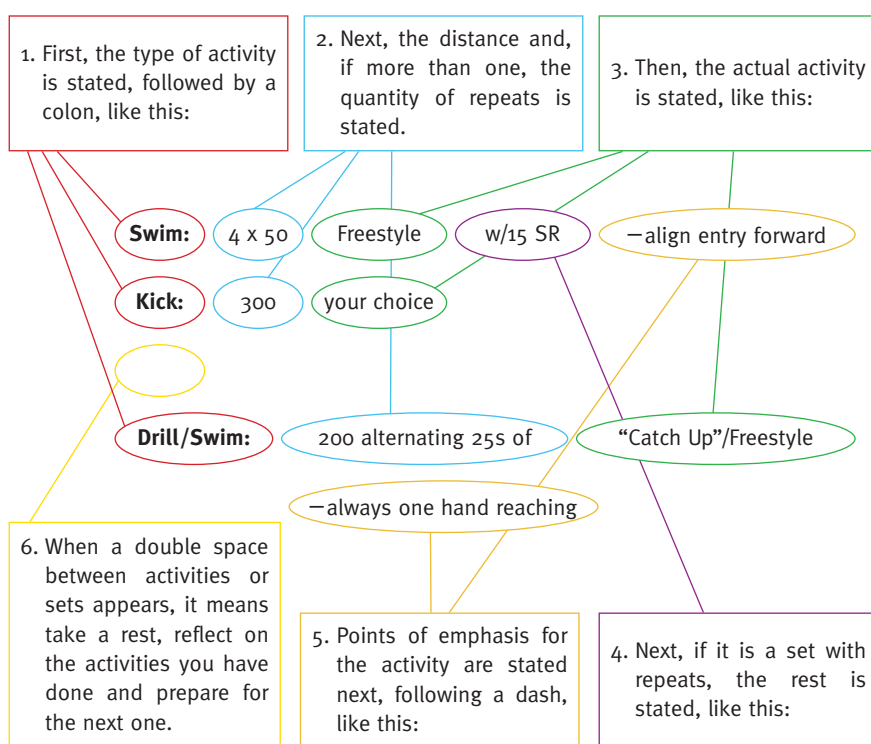
Swimmer chooses the stroke or drill



### Workout Format

Each workout begins with a Focus Point, and ends with the total yardage. Focus Points are designed to orient the swimmer to the theme, or goal of the workout. Total yardage is included as one measure of a fitness routine. All of the workouts in this book total about a mile, some a little more, some a little less. It is important to remember, however, that the main measure of this collection of workouts is not miles swum, but improvement in swimming technique, and increased swimming efficiency.

Workout content is presented in a sequential for-one activity after the other, using a standardized set of directions. Each activity or set appears as a string of commands. Figure 1 diagrams these commands.



**Figure 1** Explanation of workout format

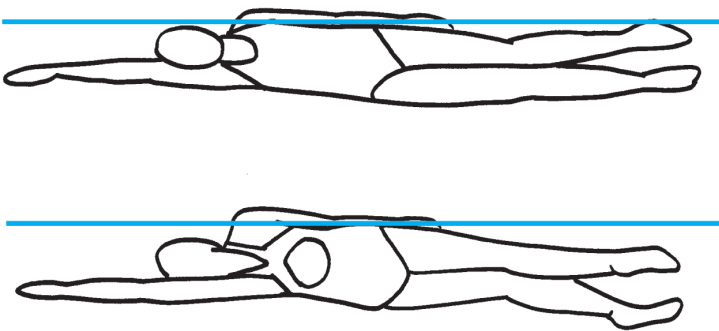
### Summary of Drills

Drills are a primary component of this collection of workouts. Drills are a way to work on a stroke, or a particular aspect of a stroke by isolating, emphasizing or repeating an exercise. The following drills are called for by name within the workouts, appearing in quotes. In this summary, they are grouped by stroke, and are listed in alphabetical order. Each drill is accompanied here by a brief description of how to perform it, and its purpose. It is important to study the drills and understand how to do them correctly to get their full benefit.

Most of these drills are also described in complete detail in the book, “The 100 Best Swimming Drills,” also by Blythe Lucero. The book is an excellent resource to accompany this collection of workouts. In addition to step-by-step descriptions, each drill is illustrated, and its purpose is clearly outlined. Feedback charts also follow each drill, to address common problems that can interfere with feeling the point of the drills.

### FREESTYLE DRILLS

**3 Kick Switch** – To feel the rolling action of the stroke, kick on side for three kicks, low arm leading, other arm at your side, face in the water, then switch sides, and arm positions, and repeat (see Figure 2)



**Figure 2**

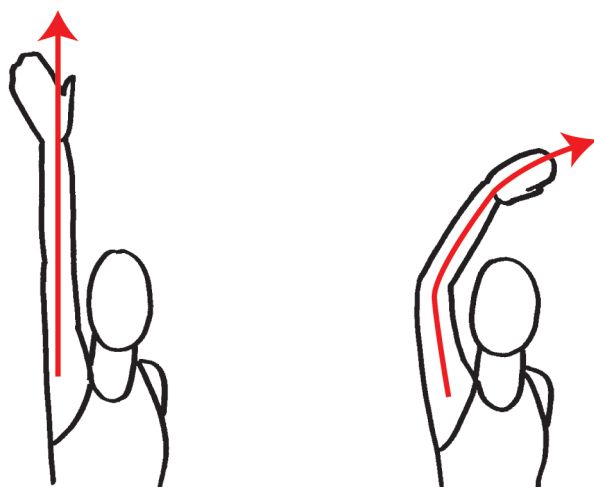
**Kick in a side floating position, then switch sides and resume an aligned float and Kick**

**6 Kick Switch** – To feel length of stroke and alignment, kick on side for six kicks, low arm leading, other arm at your side, face in the water, then switch sides, and arm positions, and repeat (see Figure 2)

**12 Kick Switch** – To feel alignment, the rolling action of the stroke, and the length of the stroke, kick on side for twelve kicks, low arm leading, other arm at your side, face in the water, then switch sides, and arm positions, and repeat (see Figure 2)

**3 Strokes, 3 Kicks** – To emphasize the rolling action of the stroke, take three regular freestyle strokes with kicking, then kick only in the side floating position, low arm leading, other arm at your side, for three extra kicks, face in the water, then do three more freestyle strokes, then kick only floating on the other side for three extra kicks, and repeat

**3 Strokes, 6 Kicks** – To emphasize the rolling action of the stroke, and constant kicking, take three regular freestyle strokes with kicking, then kick only in the side floating position, low arm leading, other arm at your side, for six extra kicks, face in the water, then do



**Figure 3**

Point forward, in the direction  
you are going, with your thumb

Avoid leading your stroke off  
course with a “collapsed wrist”

## Freestyle Drills

three more freestyle strokes, then kick only floating on the other side for six extra kicks, and repeat

**All Thumbs Drill** – Freestyle arm stroke extension actively pitching the wrist so the thumbs point in the direction you are swimming for better alignment and catch (see Figure 3)

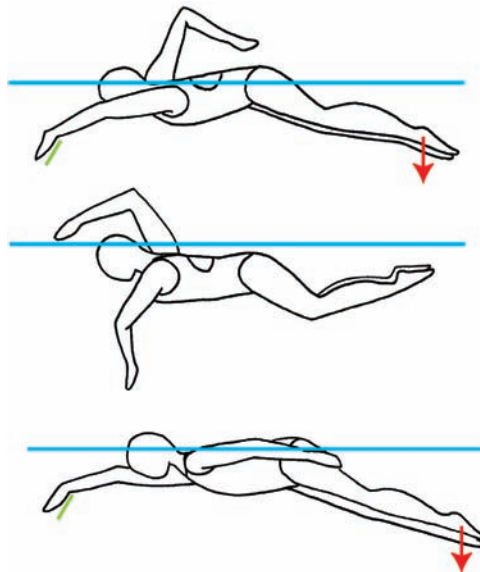
**Catch Up** – Like regular freestyle, except one arm catches up to the other in front, emphasizing that one arm should always be reaching, and the other stroking. Start with both arms leading, then do a complete freestyle stroke with one arm, when both arms are back in the leading position, do a freestyle stroke with the other arm, continue

**Dead Arm Freestyle** – Single arm freestyle with the still arm at your side, breathing toward the still arm side, to practice using hip rotation to breathe

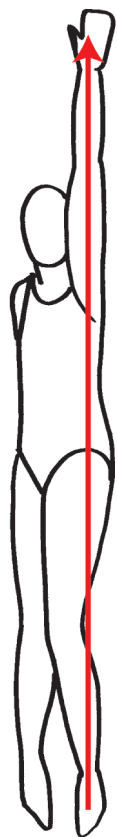
**Fist Freestyle** – Freestyle with fists, using the forearms to press against the water to develop a high elbow arm stroke

**Floppy Hand Drill** – Regular freestyle except during each recovery, flop the hand back and forth to check for relaxation

**Freestyle with Dolphin** – Regular freestyle arms with a dolphin kick each time your hand strikes the water in front, to practice coordinating the arm and leg actions (see Figure 4)



**Figure 4**  
**Freestyle with dolphin.**  
Coordinate the downbeats  
of your feet with your catch.



**Figure 5**  
**Skate on your hips**

**Head Lead Kick** – Flutter kick with your arms at your sides to practice positive floatation

**Heads Up Freestyle** – Rapid freestyle with your head up, as used in water polo, looking straight ahead to practice catching water and constant kicking

**Hip Skating** – Regular freestyle with an imaginary ice skate on each hip bone in front. Achieve a skating rhythm to practice core leverage. Eventually try to feel the blade of the skate extending all the way from the hip to the fingertip of the reaching hand to feel leverage and alignment at the same time (see Figure 5)

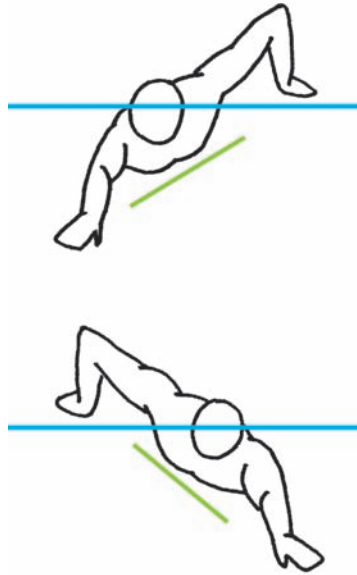
**Log Roll** – Floating in a head lead position, and kicking, do a quarter roll, hold for 5 seconds, do a quarter roll, continue, generate actions from the hips and stabilize from the core to practice core-centered swimming

**One Arm Freestyle** – Single arm freestyle with the still arm leading to isolate the arm stroke action

**One Leg Kick** – Using a kickboard, kick rapid flutter kick with one leg only to develop a productive kick

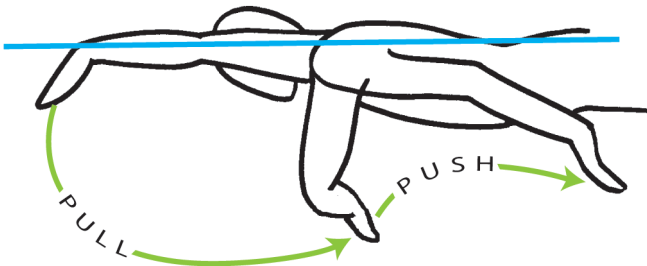
## Freestyle Drills

**Pendulum** – To feel core leverage, switch rhythmically, like a pendulum, from one side floating position, with low arm leading, and other arm in high elbow recovery position, to the other side, continue (see Figure 6)



**Figure 6**  
Feel the pendulum effect

**Pull/Push Freestyle** – Regular freestyle isolating the pulling motion from full extension to the shoulder, and the pushing motion from the shoulder to the end of the stroke past the hip (see Figure 7)



**Figure 7**  
The path of the freestyle arm stroke underwater

## Technique Swim Workouts

**Sculling** – Tracing a sideways figure eight with the hands, press out with thumbs down, press in with thumbs up, in order to develop better “feel” for the water

**Shark Fin** – To practice a well-balanced recovery, float in on your side, low arm leading, kick steadily, and raise the elbow of the high side recovering arm to a high pointing position, count to five, then return arm it to your side, continue

**Underwater Streamline Kick** – Underwater kicking with arms leading in a tight, narrow body position silhouette, using a quick, compact kick to learn to eliminate drag (see Figure 8)



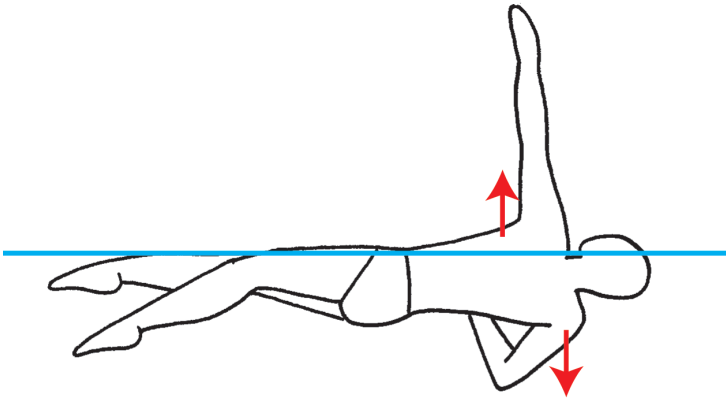
**Figure 8**  
**Compact kicking underwater in streamline**

**Vertical Kicking** – Stationary flutter kicking in deep water from a vertical position, vigorously enough to keep the face out of the water, to develop a productive kick



### BACKSTROKE DRILLS

**Armpit Lift** – Exaggerating the roll of the backstroke, by lifting the armpit completely out of the water when the arm is at the highest point of recovery, to feel that the high recovering side provides leverage to the low stroking side of the body (see Figure 9)



**Figure 9**

**Lift your armpit at the high point of recovery to feel the leverage of the stroke**

**Backstroke 3 Stroke Switch** – To feel the rolling action of the stroke, kick on side for three kicks, low arm leading, other arm at your side, face up, then switch sides, and arm positions

**Backstroke 6 Kick Switch** – To feel alignment, and the length of the stroke, kick on side for six kicks, low arm leading, other arm at your side, face up, then switch sides, and arm positions

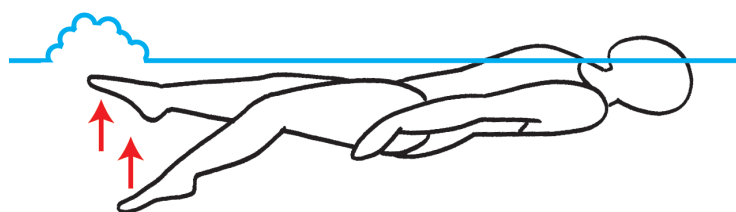
**Backstroke 12 Kick Switch** – To feel alignment, the rolling action of the stroke, and the length of the stroke, kick on side for twelve kicks, low arm leading, other arm at your side, face up, then switch sides, and arm positions

## Technique Swim Workouts

**Backstroke Balance Drill with Cup** – Regular backstroke with a cup filled halfway with water balancing on your forehead to emphasize that the head should be still, while the body rolls smoothly through the stroke

**Breathing Pocket** – Regular backstroke exaggerating the roll to feel a barrier from the water when the shoulder is at its highest point, and using this moment to inhale

**Boiling Water Drill** – Rapid and productive backstroke kicking to practice pushing the water upward with force, so it makes a continuous boil, without the feet breaking the water's surface (see Figure 10)



**Figure 10**

**Make the water boil by snapping your foot upward, but without breaking the surface of the water**

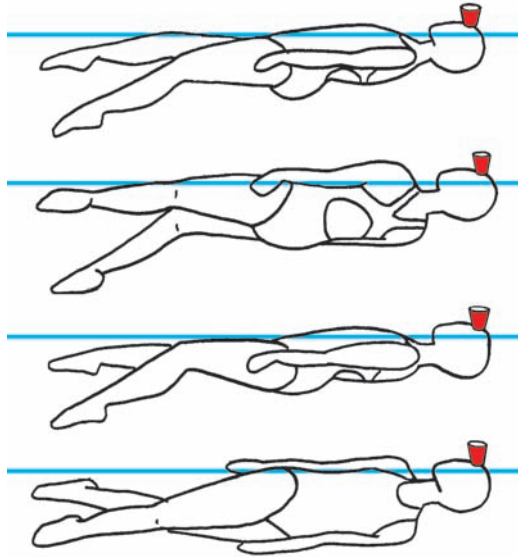
**Clock Arms** – First done standing in front of a mirror, practice feeling the correct hand entry position at shoulder width or wider (at least 11:00 and 1:00). Repeat while swimming backstroke

**Corkscrew** – One stroke freestyle, then one stroke backstroke, continue, feeling the deep catch of the backstroke accomplished by rolling into your stroke

## Backstroke Drills

### Cup on Forehead –

Quarter Turn - To achieve a still or “independent head,” do head leading backstroke kicking, with a cup half filled with water balancing on your forehead. Every twelve kicks, rotate your body a quarter turn, without dropping the cup. First to left, then back to flat, then to right, then back to flat, continue (see Figure 11)



**Figure 11**  
Achieve an “independent head”

**Fist Backstroke** – Backstroke with fists, using the forearms to press against the water to develop a high elbow arm stroke

**Float on Spine** – Stationary drill where you practice the “banana position,” a firm back floating position, where you achieve a straight spine by rolling pelvis forward and contract the abdominals, so it feels like you are in shaped sort of like a banana on your front, but very straight on your back (see Figure 12)



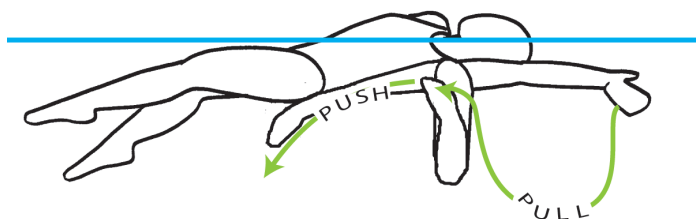
**Figure 12**  
Float on your spine and achieve the banana position

## Technique Swim Workouts

**Locked Elbow Recovery Drill** – Backstroke, recovering with actively locked elbows for better alignment and stroke balance

**No Knees Streamline Kick** – Hand leading backstroke kicking. Check for over-bent knees by holding a kickboard with one hand on the water's surface over the knees. If the knees bump the board, you are raising your knees up, rather than dropping your heel

**One Arm Pull/Push Backstroke** – Single arm backstroke, with still arm at your side, trying to isolate the pulling motion from full extension to the shoulder, and the pushing motion from the shoulder to the end of the stroke past the hip (see Figure 13)



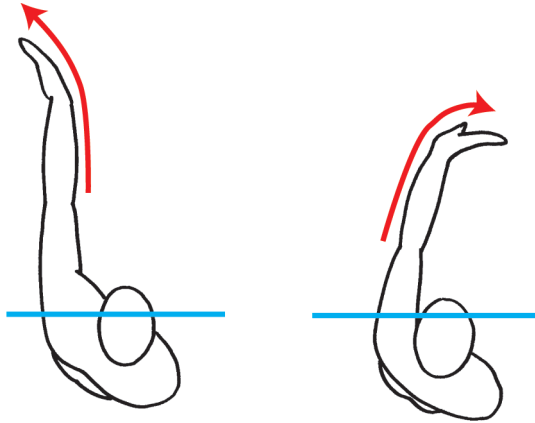
**Figure 13**  
The path of the backstroke underwater

**One Arm Rope Climb** – Floating on your back, with a lane line or rope beside you, take hold of the line and pull your body past the point where you are holding, simulating the feeling of efficient backstroke

**Opposition Freeze Frame** – Regular backstroke, stopping at various times in the stroke to feel the many balance points of the opposing arm stroke

**Pigeon Toed Kicking** – Backstroke kicking with the feet and knees turned slightly inward to a pigeon toed position to achieve a larger foot surface to push water upward, and less drag from knees breaking the surface

**Puppy Ears** – Regular backstroke, pitching the hands actively outward from the wrist during recovery, like a puppy's ears, to maintain a relaxed hand, rather than an inwardly pitched “collapsed wrist.” Achieving a positive wrist position will set up an aligned entry and good catch (see Figure 14)



**Figure 14**

**Pitch your hand outward during recovery for a well-aligned entry and good catch**

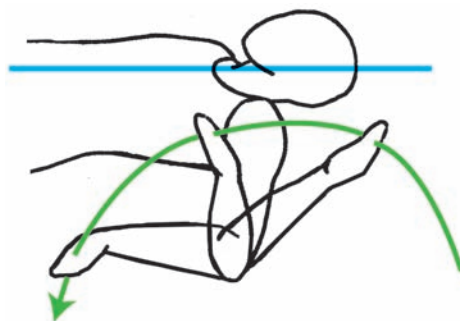
**A “collapsed wrist” leads to an over-reached entry and poor catch position**

**Rhythmic Breathing** – Practicing patterns of breathing in backstroke, including inhale on one stroke, exhale on the other, inhale and exhale during each recovery, and, inhale during one stroke cycle, and exhale on the next, in order to include rhythmic breathing as a regular part of your backstroke

**Roll, Pull/Roll, Push** – Regular backstroke feeling that the continuous rolling action provides momentum and leverage to the pull and the push of the arm stroke. Roll down to catch and pull, roll up to transition and push

**Two Step Recovery** – Regular backstroke, practicing an aligned recovery by doing a half recovery, returning in a controlled manner to the starting position, then doing a whole recovery

**Up and Over** – Practicing the path of the backstroke arm stroke, where you catch deep then move your hand up and over your stationary elbow, then press the hand past the hip (see Figure 15)



**Figure 15**

**Sweep your hand up and over your elbow, past your shoulder**

**Vertical Kicking** – Stationary flutter kicking in deep water from a vertical position, vigorously enough to keep the face out of the water, to develop a productive kick

**Waterline Drill** – Stationary drill where you practice achieving a neutral head position, with the waterline surrounding your face and covering your ears, for best backstroke floating position

### BREASTSTROKE DRILLS

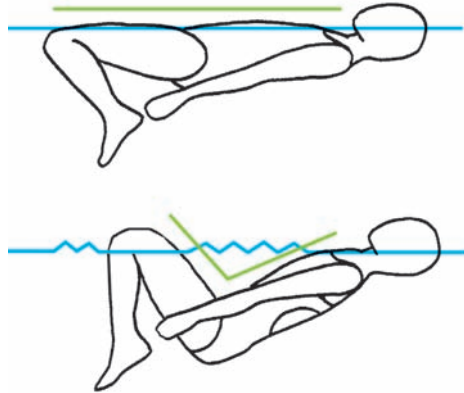
**2 Kick Breaststroke** – To begin to bridge drill to swim, but to still emphasize that each stroke begins and ends in a streamline position, float in a hand lead position and do three breaststroke kicks in a row, then one complete stroke cycle of arm stroke, breathing, kick and glide, and repeat

**3 Kick Breaststroke** – To emphasize that each stroke begins and ends in a streamline position, float in a hand lead position and do three breaststroke kicks in a row, then do one complete stroke cycle of arm stroke, breathing, kick and glide, and repeat

**Breaststroke Alternating Dolphin and Breaststroke Kick** – Breaststroke arm stroke with a dolphin as you press out, and another as you sweep in, then a complete breaststroke arm stroke, breath, kick and glide, and repeat, emphasizing the rocking action and core use in the breaststroke, and bridging from drill to swim

**Breaststroke Arms with Flutter Kick** – To isolate the arm stroke and breathing and still have the benefit of kick momentum

**Breaststroke Kick on Back** – Floating on back, from a head leading position, do breaststroke kick, trying to touch your heels to your finger tips, while making sure that your knees stay under the water, to produce a straight line from shoulder to knee, thereby eliminating potential kick drag (see Figure 16)



**Figure 16**

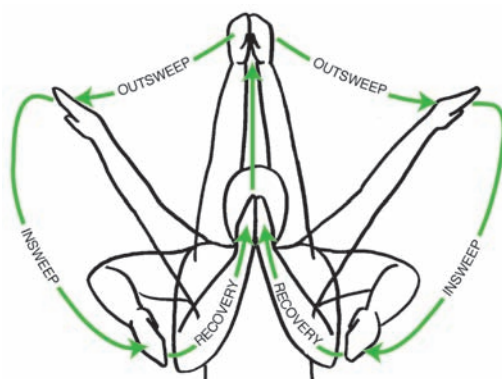
Achieve a straight body position, from shoulder to knee to eliminate drag produced from drawing the knees up and bending at the hip



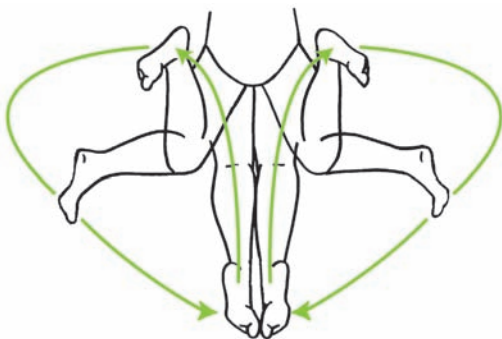
## Technique Swim Workouts

**Breaststroke with Dolphin** – Breaststroke arm stroke with a dolphin as you press out, and another as you sweep in, emphasizing the rocking action and core use in the breaststroke

**Breaststroke with Fists** – Breaststroke arm stroke with fists, using the forearms to press against the water to develop a stable, high elbow position on outswEEP, and to use the full paddle available on the insweep.



**Figure 17**  
The path of the breaststroke arms underwater



**Figure 18**  
The path of the breaststroke kick

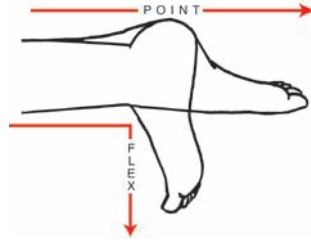
**Corners Drill** – Regular breaststroke, focusing on achieving lift for the breathing without pressing down on the water, but instead, by accelerating from the outswEEP into the insweep, and holding on to the water well during the transition from one to the other (see Figure 17)

**Duck Feet** – Stationary drill to practice the continual ankle rotation needed to keep the bottom of the feet pressing against the water at all stages of the power phase of the kick (see Figure 18)

**Eyes on the Water** – Regular breaststroke where you look down at the water while inhaling, rather than forward, in order to continue the forward line of the stroke

## Breaststroke Drills

**Flex/Point** – Stationary drill where you practice alternately flexing and pointing your feet, first while watching your feet and feeling the muscles required, then by just feeling the actions, to achieve the foot positions needed for a productive breaststroke kick (see Figure 19)

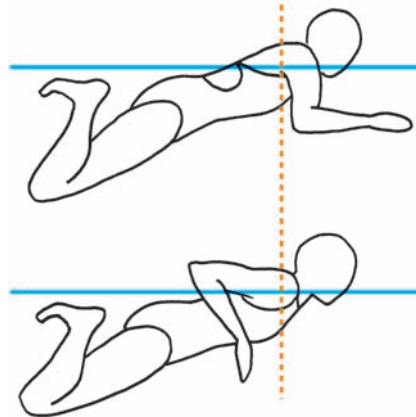


**Fold and Shrug** – Regular breaststroke where you focus on increasing your momentum into recovery by shrugging your shoulders up as you breathe and finish the insweep, then rolling them down and forward into your quick recovery

**Figure 19**  
Breaststroke kick requires a full range of foot positions ranging from fully flexed, to fully pointed

**Glide Length, Glide Speed** – Regular breaststroke focusing on starting the next stroke at the exact point where to maintain momentum. Too short, and you do not benefit from the glide, too long, and you lose momentum

**Grow Your Recovery** – First stationary, then while swimming, practice extending your stroke length by straightening elbows, then by bringing forearms closer together, then by leaning forward into your recovery. Finally, do all at once

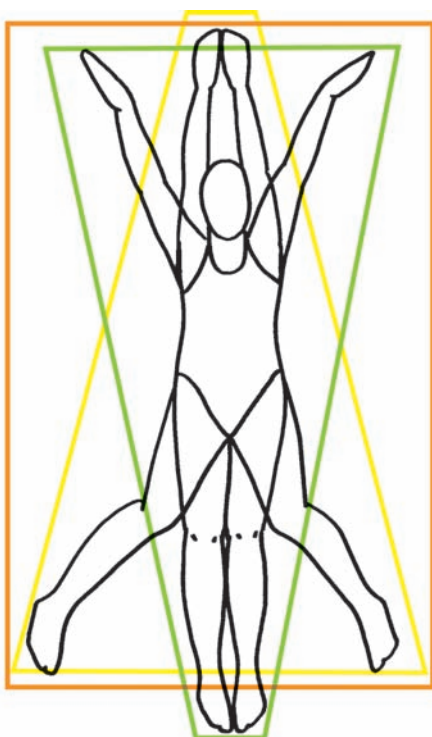


**Half Breaststroke** – Regular breaststroke progressively reducing the width and depth of the arm stroke so your hands and forearms stay within your range of sight at all times, avoiding a dropped elbow “chicken wing” position, in order to get the most forward motion, with the least drag (see Figure 20)

**Figure 20**  
Keep your arm stroke in front of your chest, with your hands always within your range of sight to produce less drag. Avoid letting your elbows to drop back like chicken wings

**Hand Speed Drill** – To practice no pauses in the arm stroke, especially at the “drag point” that can occur at the transition from insweep and recovery, do breaststroke arm stroke with flutter kick, trying to accomplish a complete arm stroke (outsweep, insweep, recovery) within the time it takes to do four flutter kick downbeats, then hold in streamline for six kicks, and continue

**Heads Up Breaststroke Arms with Flutter Kick** – To be able to isolate the path of the arm stroke, and watch it, while feeling lift in the stroke, and still have the benefit of kick momentum



**Figure 21**

To minimize form drag in the breaststroke:

first stroke (green silhouette), then kick (yellow silhouette).

Avoid doing both at once (orange silhouette)

**Heads Up Breaststroke Kick** – Breaststroke kick with your chin on the water’s surface, first with hands leading, then with head leading, to practice kick productivity

**Inhale at the High Point** – Regular breaststroke where you achieve the breathing position through a combination of the lift from the accelerating arm stroke, and the rocking motion of the stroke, rather than raising the head independently, or pressing down on the water

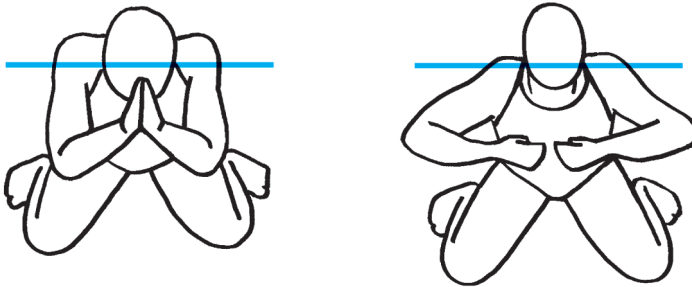
**No Stars** – Regular breaststroke maintaining the sequence “stroke then kick,” to avoid producing drag where the stroke cancels out the kick, and the kick cancels out the stroke, when the stroke

and kick are done simultaneously. Stroke and then kick, and repeat to achieve stroke timing that will produce the narrowest body position during the power phases of the stroke, and the least drag and width to the stroke (see Figure 21)

**Rocking Drill** – A stationary drill where you alternately rock your head and chest upward as you bend your knees and raise your heels toward your buttocks, then rock your head and chest downward as you straighten your legs, to practice the basic rocking action of the breaststroke

**Sculling** – Press out with thumbs down, press in with thumbs up, in order to develop better “feel” for lateral motion of the breaststroke arm stroke

**Shoot to Streamline** – Regular breaststroke where you focus on eliminating any pause at the end of the insweep, and accelerating through this “drag point,” using your momentum to get back to the streamline position (see Figure 22)



**Figure 22**

**Shoot through the  
“drag point” to streamline**

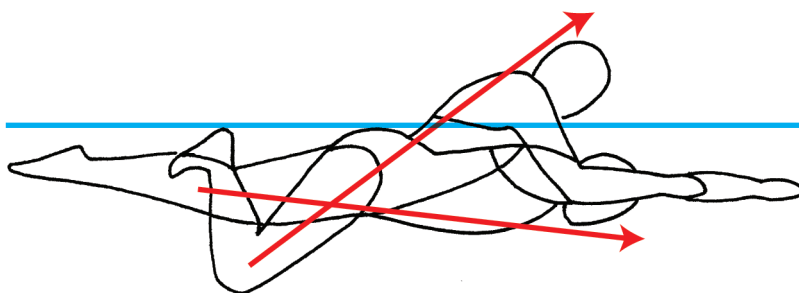
**Avoid getting stuck  
in the “drag point”**

**Streamline** – A push off drill to feel the effect of drag and to practice eliminating it, and progressively build an effective breaststroke home base position

## Technique Swim Workouts

**Stroke, Breathe, Kick, Glide Mantra** – Regular breaststroke, while saying each stroke element “stroke, breathe, kick, glide” in sequence, as it happens, trying to make the stroke, breathe, kick take up about as much time as the glide by itself

**Stroke Up to Breathe, Kick Down to Glide** – Regular breaststroke focusing on using the leverage of the stroke by stroking and breathing while rocking up, and kicking and gliding while rocking down (see Figure 23)



**Figure 23**  
**Stroke up to breathe, kick down to glide**

**Tennis Ball Drill** – Regular breaststroke holding a tennis ball under your chin, to practice maintaining a stable head position for the most productive forward motion

**Thread the Needle** – Regular breaststroke where after each stroke you try to make a small hole in the water with your hands, then pass through that same hole with your elbows, shoulders and head, chest, hips, legs and feet, to feel the most streamlined stroke

**Vertical Breaststroke Kick** – Stationary breaststroke kick in deep water from a vertical position, vigorously enough to keep the face out of the water, to develop a productive kick

### BUTTERFLY DRILLS

**Advanced One Arm Butterfly** – From a head leading position, do butterfly with one arm only, while the other arm remains at your side, to practice butterfly stroke rhythm, the pull and push of the arm stroke, and focus on getting the chest down in a more sustainable manner than the full stroke

**Back Dolphin** – First in head leading, then in hand leading position, do dolphin while floating on your back, trying to feel that the power comes from the core. Try to keep your face dry, by keeping your head still

**Body Wave** – From a head leading float position, dip the head, then chest and flow this action down to your hips and feet to create fluid wave, and forward motion emphasizing starting the action high in the body (see Figure 24)



**Figure 24**

**Start your body wave by dipping your head and chest, and let it flow down to your feet**

**Bowing** – Stationary drill where you stand and bow forward, leaving your hips stationary, and use your abdominal muscles to control the action down and up, to simulate the constant high hips position of the butterfly

## Technique Swim Workouts

**Breaststroke with Dolphin** – Breaststroke arm stroke with two dolphins during each arm stroke, emphasizing the core use, constant kick, and rhythm of the butterfly

**Breathing Timing Drill** – Stationary drill where you stand in waist deep water, bend at the hips and lean forward so your face is in the water. With arms extended forward, do an arm stroke, and stand as your arms press towards the back. Breathe in the standing position. Recover and bend forward again, and repeat. Exhale while your face is in the water, inhale when your face clears the water

**Chest Balance** – Regular butterfly focusing on the point when your chest is at its lowest point, and you feel as if you are riding downhill and forward for an instant before you start your arm stroke and your chest rises, giving leverage to the stroke that would not be present from a flat body position (see Figure 25)



**Figure 25**

**Balance on your chest as you reach for your catch**

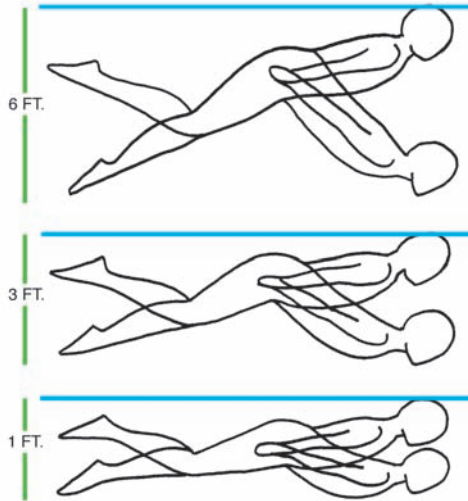
**Coordination Checkpoint** – Regular butterfly focusing on coordinating three actions so they occur at exactly the same time: the round off finish of the underwater arm stroke, the downward snap of the second kick, and the inhale.

## Butterfly Drills

### Deep to Shallow Dolphin

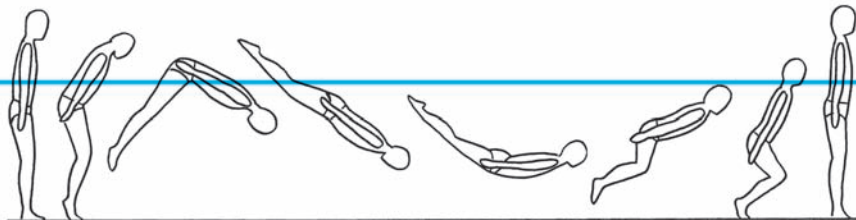
Head leading dolphin, first passing down and up through six feet of water, then three feet of water, then just one foot of water, to feel a fluid yet compact dolphin (see Figure 26)

**Dipping** – Stationary drill, where you float in a head lead position and practice dipping your chest rhythmically, downward a few inches into the water, then returning to the starting position, and feeling how doing so leads the rest of your body to do follow the action



**Figure 26**  
Exaggerate the wave of your dolphin, then gradually reduce it until you feel a compact and productive dolphin action

**Dolphin Dives** – In waist deep water, stand with arms at your sides, then jump up, over, and down into the water, face first. Before you reach the bottom, shift your weight back to a standing position, arms still at your sides and repeat. Emphasizes the full body action of the butterfly (see Figure 27)



**Figure 27**  
Practice generating butterfly action from the core



## Technique Swim Workouts

**Eyes on the Water Butterfly** – Regular butterfly where you look down at the water while inhaling, rather than forward, in order to continue the forward line of the stroke

**Flying Dolphin Dives** – In waist deep water, stand with arms back as if you have just released the water, take a breath and then swing your arms around like the butterfly recovery as you jump up, over, and down into the water, face first. Before you reach the bottom, shift your weight back to a standing position, arms back and repeat. Emphasizes the full body action of the butterfly, and the breathing position

**Freestyle with Dolphin** – Regular freestyle arms with a dolphin kick each time your hand strikes the water in front. Notice that the other arm will be finishing the push phase of the arm stroke at the same time. An excellent and sustainable drill for kick timing (see Figure 4)

**Hammer and Nail** – Regular butterfly, breathing each stroke, imagining that your forehead is a hammer and the water is a nail. When your head returns to the water, strike the nail with force. Avoid striking the water with your chin which will lead to frontal drag

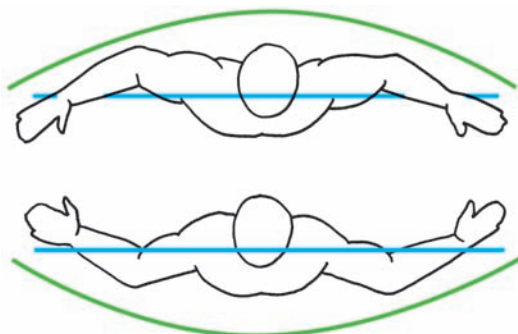
**Left Arm, Right Arm, Both Arms** – From a hand leading position, do one butterfly stroke with your left arm only, then one with your right arm, then a stroke with both arms. Start each new stroke when the previous stroke returns to the starting point. To practice butterfly stroke rhythm, and to bridge from drill to swim

**No Kick Butterfly** – Regular butterfly except consciously do not kick. Keep your hips up and raise and dip your chest, and notice that the kick flows down to your feet anyway. This drill emphasizes initiating the kick from high in the body, rather than from the feet

**No Pause Butterfly** – Also known as “Grab and Go Butterfly”, where you swim four to eight strokes of butterfly, with absolutely no hesitation between the extension and the catch, the point momentum is commonly lost. Then finish the length in easy freestyle and repeat

**One Arm Butterfly** – From a hand leading position, do butterfly with one arm only, while the other arm remains extended, to practice butterfly stroke rhythm, the pull and push of the arm stroke, and focus on keeping the hips up in a more sustainable manner than the full stroke

**Pinkies Up** – Regular butterfly focusing on maintaining a consistent “pinkie up” hand position during recovery, so the elbows do not drag through the water, but rather the arms make an arch over the water’s surface, accomplishing a “positive recovery” (see Figure 28)

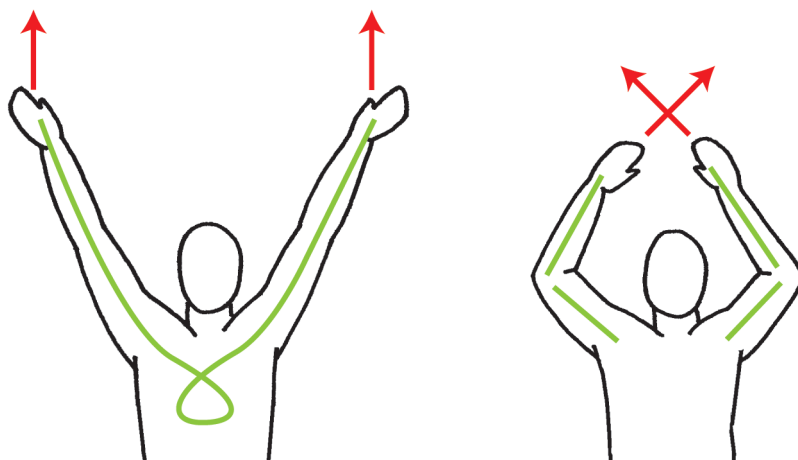


**Figure 28**

**Achieve a positive recovery.**  
**Swing your arms over the water with your pinkies up so your elbows won't drag through the water**

**Pitch to Press** – A stationary drill to practice pressing back on the water, rather than down, and to maintain constant pressure on the water by changing the pitch of your hands throughout the path of the stroke. Stand in waist deep water, and bend forward until your face is submerged. Start with your hands extended in the butterfly entry position. Do a butterfly arm stroke, pressing out and back, then sweeping in and back, then again pressing out and back, and repeat

**Reaching to a “Y”** – Regular butterfly focusing on a wide “Y” shaped entry, leading with the thumbs in order to produce the most aligned position to start the stroke, and the best catch position (see Figure 29)



**Figure 29**

Reach to a “Y” when entering the water to start the power phase from a position of strength

Reaching to the middle with collapsed elbows starts the power phase from a position of weakness

**Recovery in Place** – Stationary drill standing in chest deep water, bringing the arms over the water first with the thumbs leading (negative recovery), then again with the thumbs trailing (positive recovery), and repeat to identify the most relaxed recovery arm position, that completely clears the water

**Round Off** – Regular butterfly focusing on finishing the arm stroke by pressing outward, like a “J” from the hips, for easy release from the water, and a quick transition to recovery

**The Flop** – Regular butterfly focusing on initiating the recovery from the shoulders, to achieve a relaxed forward reaching recovery. Release the water, pinkies up, swing arms wide and around from the

shoulders, not the hands, until your arms are at shoulder level. Then, roll your shoulders forward and redirect your hands to reach forward, and as they do drop your chest into the water

**Tracing Question Marks** – Regular butterfly tracing the path of the butterfly arms, wide to narrow, in order to practice the front to back sweep of the arm stroke (see Figure 30)

**Vertical Dolphin** – Stationary dolphin kick in deep water from a vertical position, vigorously enough to keep the face out of the water, to develop a productive kick



**Figure 30**  
The path of the butterfly  
arm stroke underwater

**Weight Shifting** – In a head leading floating position, do a bowing motion, hips constantly high, feeling how your weight shifts forward as you bow down, and back as you bow up, creating leverage and forward motion

# WORKOUTS

A high-angle, underwater photograph of a swimmer in a pool. The swimmer is wearing a red and blue patterned swim cap and a blue swimsuit. They are in a freestyle stroke, with one arm extended forward and the other back, creating a large splash of white water. The water is a deep blue color, and the background shows the pool's edge and some foliage.



## Technique Workouts for Freestyle

# 1 Workout

**Focus Point:** Core Tension for Better Body Position

**Warm up:** 200

**Kick:** 200 flutter kick

**Drill:** 4 x 25 “Head Lead Kick” w/10 SR – Chin down

**Drill:** 4 x 25 “Log Roll” w/10 SR – Chin down, roll from hips

**Drill:** 4 x 25 “Head Lead Kick” w/10 SR – Chin down

**Drill:** 4 x 25 “12 Kick Switch” w/10 SR – Chin down, switch from hips

**Drill/Swim:** 4 x 50 w/15 SR – 25 drill, 25 swim (Use drills above)

**Swim:** 4 x 100 Freestyle w/20 SR – Chin down, roll from hips, feel core tension

**50 Easy**

**Swim:** 6 x 25 Freestyle – Fast/Easy w/ 15 SR – maintain core tension on fast 25s

**Cool down:** 100

**Total:** 1,500





## 2 Workout

### Focus Point: Swim Downhill

Warm up: 200

Drill: 200 “Head Lead Kick” – Chin down, balance on chest

Swim: 4 x 50 Freestyle w/10 SR – Chin down, balance on chest

Drill: 200 “Log Roll” – Chin & chest down, roll from hips

Swim: 4 x 50 Freestyle w/10 SR – Chin down, balance on chest, roll from hips

### 50 Easy

Pull/Swim: 4 x 100 w/20 SR – Chin down, balance on chest, roll from hips

Swim: 8 x 25 Fast Freestyle w/30 SR – Swim downhill

Cool down: 100

Total: 1,750



# 3 Workout

**Focus Point:** Your Spine Is Your Axis

Warm up: 200

Kick: 6 x 25 flutter kick w/10 SR

Drill: 4 x 50 “12 Kick Switch” w/10 SR

Drill: 4 x 50 “6 Kick Switch” w/10 SR

Drill: 4 x 50 “3 Kick Switch” w/10 SR

Drill/Swim: 4 x 75 – alternating 50 “6 Kick Switch”/25 Freestyle w/10 SR

## 50 Easy

Pull: 200 Freestyle – roll from hips, feel your axis

Swim: 4 x 50 Freestyle w/15 SR – roll from hips, maintain your axis

Cool down: 200

Total: 1,800



# 4 Workout

### Focus Point: Find Your Line

Warm up: 200

Drill: 100 “12 Kick Switch” – Align reaching hand and shoulder

Drill: 100 “6 Kick Switch” – Align reaching hand, shoulder and hip

Drill: 100 “3 Kick Switch” – Align reaching hand, shoulder, hip and foot

Swim: 4 x 50 Freestyle w/15 SR – establish your line from finger to toe

Swim: 4 x 50 Freestyle w/15 SR – maintain your line

Swim: 4 x 50 Freestyle w/15 SR – feel your line

### 50 Easy

Pull: 200 – Roll from the hip, find your line

Swim: 4 x 25 Fast Freestyle w/10 SR – maintain your line

Pull: 200 – Roll from the hip, feel your line

Cool down: 100

Total: 1,750



# 5 Workout

**Focus Point:** Effective Kicking – Snap Down, Relax Up, Point Toes

**Warm up:** 200

**Kick:** 200 flutter kick – use pointed toes and floppy ankles

**Kick:** 4 x 25 w/10 SR – snap foot down, relax up

**Kick:** 4 x 25 w/10 SR – feel resistance on the top of your foot

**Kick:** 4 x 25 w/10 SR – use quick, narrow kick

**50 Easy**

**Swim:** 4 x 50 Freestyle w/15 SR – snap foot down, relax up

**Swim:** 4 x 50 Freestyle w/15 SR – feel resistance on the top of your foot

**Swim:** 4 x 50 Freestyle w/15 SR – use quick, narrow kick

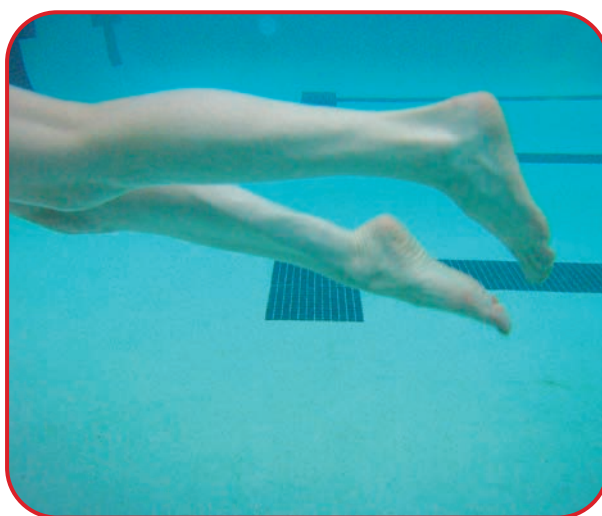
**50 Easy**

**Kick:** 4 x 25 Fast Kick w/30 SR – keep heels below surface, but make a splash

**Swim:** 4 x 25 Fast Freestyle w/30 SR – keep heels below surface, but make a splash

**Cool down:** 100

**Total:** 1,700



# 6 Workout

**Focus Point:** Fish don't have knees! Develop "Fluid Kicking"

Warm up: 200

Kick: 4 x 50 flutter kick w/ 10 SR

Drill: 4 x 25 "Underwater Streamline Kick" w/15 SR

Kick: 4 x 25 flutter kick w/kickboard – no splash w/15 SR

Swim: 8 x 50 Freestyle w/15 SR – with fluid kick

Drill: 4 x 50 "One Leg Kick" w/20 SR (25 left, 25 right)

Kick: 100 flutter kick (both legs)

Swim: 8 x 50 Freestyle w/15 SR – with fluid kick

50 Easy

Swim: 4 x 25 Fast Freestyle w/15 SR – fast fluid kick

Cool down: 100

Total: 1,950



# 7 Workout

**Focus Point:** Kick With No Blank Spots

**Warm up:** 200

**Kick:** 200 flutter kick – alternating 25s w/splash and w/no splash

**Drill:** “Vertical Kicking” – minor sculling with hands – 30 sec. – Keep head above water

**Drill:** “Vertical Kicking” – cross arms over chest – 30 sec. – Keep head above water

**Drill:** “Vertical Kicking” – hands up – 30 sec. – Keep head above water

**Drill:** 100 “3 Strokes, 3 Kicks”

**Swim:** 8 x 50 Freestyle – 6 kicks per arm cycle

**Drill:** 4 x 50 “One Leg Kick” w/20 SR (25 left, 25 right)

**Swim:** 8 x 50 Freestyle w/15 SR – no blank spots when breathing

**Cool down:** 100

**Total:** 1,600 + 1.5 min. stationary drill





# 8 Workout

**Focus Point:** Swim Tall

Warm up: 200

Kick: 200 flutter kick

Swim: 4 x 25 Freestyle w/10 SR – count your strokes

Drill: 4 x 25 “Catch Up” w/10 SR – count your strokes, compare

Drill: 4 x 25 “3 Kick Switch” w/10 SR – count your strokes, compare

Swim: 4 x 25 Freestyle w/10 SR – count your strokes, compare

Pull: 200 – use full extension each stroke

Swim: 4 x 50 Freestyle w/15 SR – count your strokes

Pull: 200 – roll into and out of each stroke

Swim: 4 x 50 Freestyle w/15 SR – count your strokes, compare

Swim: 4 x 25 Freestyle w/15 SR – swim tall

Cool down: 100

Total: 1,800





# 9 Workout

**Focus Point:** Extend Entry From the Elbow

Warm up: 200

Kick: 200 flutter kick

Swim: 4 x 50 Freestyle w/15 SR – count strokes

Drill: 4 x 50 “Catch up Drill” w/10 SR – extend entry from elbow

Swim: 4 x 50 Freestyle w/15 SR – count strokes, compare

Swim: 5 x 100 Freestyle w/15 SR – roll from hips and extend entry from elbow

50 Easy

Pull: 200 – roll from hips and extend entry from elbow

Cool down: 100

Total: 1,850



# 10 Workout

### Focus Point: Feel Your Paddle

Warm up: 200

Kick: 200 flutter kick

Drill: 4 x 50 “Fist Drill” w/10 SR – use forearm as paddle

Swim: 4 x 50 Freestyle w/10 SR – use palm and forearm as paddle

Drill: 4 x 50 “Fist Drill” w/10 SR – maintain high elbows

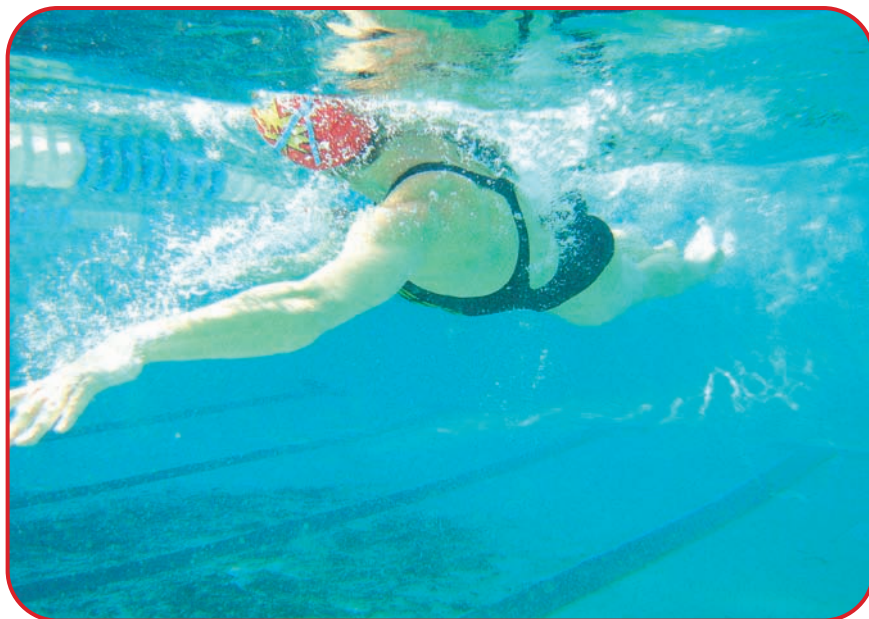
Swim: 4 x 50 Freestyle w/10 SR – maintain high elbows

Pull: 300 – use palm and forearm as paddle, maintain high elbows

Swim: 8 x 25 Fast Freestyle w/30 SR – feel your paddle

Cool down: 100

Total: 1,800



# 11 Workout

**Focus Point:** Point With Your Thumbs

Warm up: 200

Kick: 4 x 50 flutter kick w/10 SR

Swim: 6 x 50 Freestyle w/10 SR – count strokes

Drill: 6 x 50 “All Thumbs Drill” w/10 SR – feel your catch

Swim: 6 x 50 Freestyle w/10 SR – point with thumbs, count strokes, compare

**50 Easy**

Pull: 200 – roll from hips, point with thumbs, feel your catch

Swim: 8 x 25 – roll from hips, point with thumbs, feel your catch

Cool down: 100

Total: 1,850



# 12 Workout

### Focus Point: Anchor Your Hand

Warm up: 200

Kick: 200 flutter kick

Drill: 100 “Sculling” – hold on to the water

Swim: 4 x 50 Freestyle w/10 SR – extend from elbow

Swim: 4 x 50 Freestyle w/10 SR – positive wrist position

Swim: 4 x 50 Freestyle w/10 SR – pitch hand to enter thumb side

Swim: 4 x 50 Freestyle w/10 SR – roll from hips

Swim: 4 x 50 Freestyle w/10 SR – point with thumbs

Swim: 4 x 50 Freestyle w/10 SR – catch from pinkie side

### 50 Easy

Swim: 4 x 50 Freestyle w/10 SR – combine all the above to anchor your hand

Cool down: 100

Total: 1,950



# 13 Workout

**Focus Point:** Pull Then Push

Warm up: 200

Kick: 200 flutter kick

Drill: 3 x 100 “Pull/Push Freestyle” w/15 SR – pull from full extension to shoulder

Drill: 3 x 100 “Pull/Push Freestyle” w/15 SR – push from shoulder past hip

**50 Easy**

Swim: 4 x 50 Freestyle w/10 SR – feel pull, then push

Pull: 200 – roll from hips, feel pull, then push

Swim: 4 x 50 Freestyle w/10 SR – roll from hips, feel pull, and push

**50 Easy**

Swim: 4 x 25 Fast Freestyle w/15 SR – feel pull, then push in each stroke

Cool down: 100

Total: 1,900





# 14 Workout

### Focus Point: Stroke Front to Back

Warm up: 200

Kick: 200 flutter kick

Drill: 200 – your choice

Swim: 4 x 100 Freestyle w/15 SR – pull back, avoid pressing down

Swim: 4 x 100 Freestyle w/15 SR – push back, avoid lifting up

Drill: 4 x 50 “One Arm Freestyle” – pull back, push back

Swim: 4 x 50 Freestyle – stroke front to back

Cool down: 100

Total: 1,900



# 15 Workout

**Focus Point:** Benefit From the Pendulum Effect

Warm up: 200

Kick: 4 x 50 underwater streamline flutter kick

Drill: 4 x 50 “Shark Fin” w/10 SR

Swim: 4 x 50 Freestyle w/10 SR – high elbow recovery, low opposite hip

Drill: 4 x 50 “Shark Fin” w/10 SR

Swim: 4 x 50 Freestyle w/10 SR – high elbow recovery, low opposite hip

**50 Easy**

Drill: 100 “Pendulum” – high elbow recovery, low opposite hip

Pull: 200 – feel the pendulum rhythm

Swim: 3 x 100 Freestyle – high elbow recovery, low opposite hip, pendulum rhythm

Cool down: 100

Total: 1,950





# 16 Workout

### **Focus Point:** Relax Your Hand During Recovery

**Warm up:** 200

**Kick:** 4 x 25 Fast flutter kick w/10 SR

**Drill:** 100 – your choice

**Swim:** 4 x 50 Freestyle w/10 SR – elbow higher than hand for entire recovery

**Drill:** 4 x 50 “Floppy Hand Drill” w/10 SR

**Swim:** 4 x 50 Freestyle w/10 SR – floppy hand, elbow higher than hand

**Drill:** 4 x 50 “Shark Fin” w/10 SR – elbow high, fingers pointed back towards feet

**Swim:** 4 x 50 Freestyle w/10 SR – fingers pointed back towards feet

### 50 Easy

**Drill:** 200 “Pendulum” – with floppy hand and fingers pointed back toward feet

**Pull:** 200 – feel your floppy hand

**Cool down:** 100

**Total:** 1,950



# 17 Workout

**Focus Point:** Rest During Recovery

Warm up: 200

Kick: 200 flutter kick

Drill: 200 – your choice

Drill: 100 “3 Strokes, 6 Kicks”

Drill: 100 “Shark Fin”

Pull: 200 – roll from hips, feel pendulum

Swim: 8 x 50 Freestyle w/10 SR – roll from hips, rest recovering arm

50 Easy

Swim: 8 x 25 Freestyle w/15 SR – rest recovering arm

50 Easy

Swim: 8 x 25 Fast Freestyle w/15 SR – rest recovering arm

Cool down: 100

Total: 2,000



# 18 Workout

### Focus Point: Breathe From the Hip

Warm up: 200

Kick: 4 x 50 flutter kick w/10 SR

Drill: 200 “3 Strokes, 6 Kicks”

Swim: 4 x 50 Freestyle w/10 SR – keep chin aligned with breastbone

Swim: 4 x 50 Freestyle w/10 SR – roll from hip to breathe

Drill: 4 x 50 “Dead Arm Freestyle” alternating 50s of left arm stroking/ right arm stroking w/15 SR – chin aligned with breastbone, roll hips to breathe

Swim: 4 x 50 Freestyle w/10 SR – keep chin aligned with breastbone

50 Easy

Swim: 4 x 50 Freestyle w/10 SR – roll from hip to breathe

50 Easy

Swim: 4 x 50 Freestyle w/10 SR – bi-lateral breathing

Cool down: 100

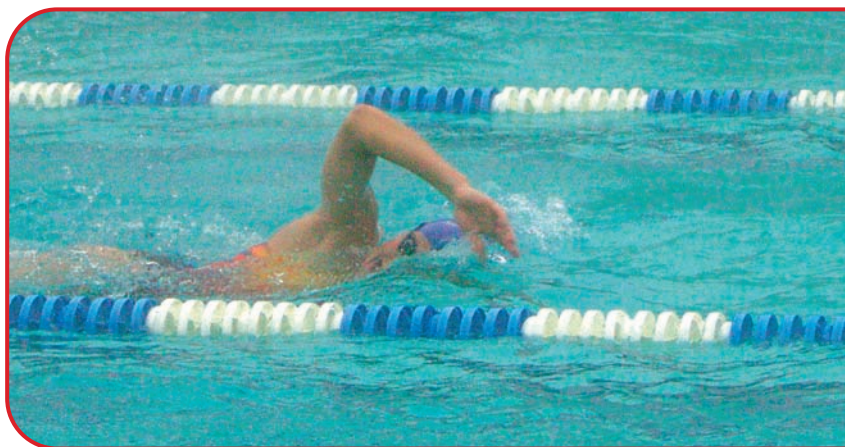
Total: 2,000



# 19 Workout

## **Focus Point:** Low Profile Breathing

- Warm up:** 200
- Kick:** 100 flutter kick
- Drill:** 100 – your choice
- Kick:** 100 flutter kick
- Swim:** 4 x 50 Freestyle w/10 SR – feel cheek connected to water when breathing
- Swim:** 4 x 50 Freestyle w/10 SR – feel jawbone connected to water when breathing
- Swim:** 4 x 50 Freestyle w/10 SR – feel temple connected to water when breathing
- Swim:** 4 x 50 Freestyle w/10 SR – feel all the above connected to water when breathing
- Pull:** 200 – press temple into the water when breathing
- Drill:** 4 x 25 “12 Kick Switch” w/10 SR – press temple into the water when breathing
- Drill:** 4 x 25 “Dead Arm Freestyle” w/10 SR – alternating 25s of left/right) – press temple
- Swim:** 4 x 50 Freestyle w/10 SR – with low profile breathing
- Cool down:** 100
- Total:** 2,000



# 20 Workout

### **Focus Point:** Develop a Weightless Reaching Hand

Warm up: 200

Kick: 200 flutter kick

Drill: 200 “12 Kick Switch” – find your line

Drill: 200 “6 Kick Switch” – feel your line

Drill: 200 “3 Kick Switch” – maintain your line

Swim: 4 x 50 Freestyle w/10 SR – maintain line while breathing

#### 50 Easy

Drill: 200 “Catch Up Drill” – feel line while breathing

Drill: 200 “Pendulum” – high recovering elbow, low opposite hip while breathing

Swim: 4 x 50 Freestyle w/10 SR – achieve the weightless hand while breathing

Cool down: 100

Total: 1,950





# 21 Workout

### Focus Point: Skate on Your Hips

Warm up: 200

Kick: 200 flutter kick

Swim: 100 Freestyle – count strokes

Drill: 4 x 100 “Hip Skating” w/15 SR

Pull: 4 x 100 w/15 SR – skating on hips

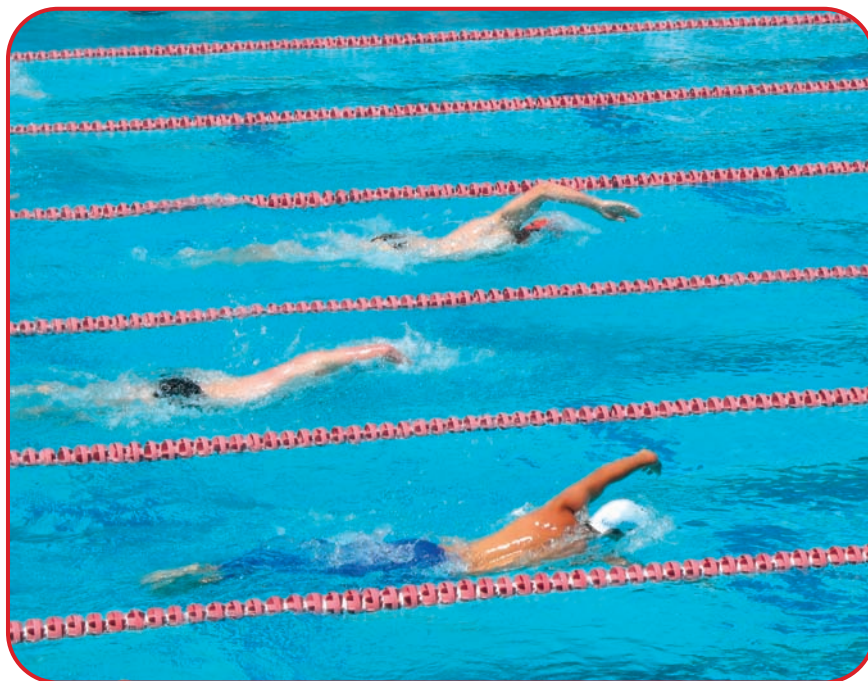
Swim: 4 x 100 Freestyle w/15 SR – skating on hips

50 Easy

Swim: 100 Freestyle – skating on hips, count strokes, compare

Cool down: 100

Total: 1,950



# 22 Workout

### Focus Point: Use Your Dominant Kick

Warm up: 200

Kick: 8 x 25 flutter kick w/10 SR

Swim: 4 x 50 Freestyle w/10 SR – no blank spots in kick

Drill: 4 x 25 “Heads Up Freestyle” w/15 SR – kick down as hand strikes the water in front

Drill: 4 x 50 “Freestyle with Dolphin” w/10 SR – kick down as hand strikes the water in front

Swim: 4 x 50 Freestyle w/10 SR – kick down as hand strikes the water in front

Drill: 4 x 50 “Freestyle with Dolphin” w/10 SR – faster tempo, same coordination

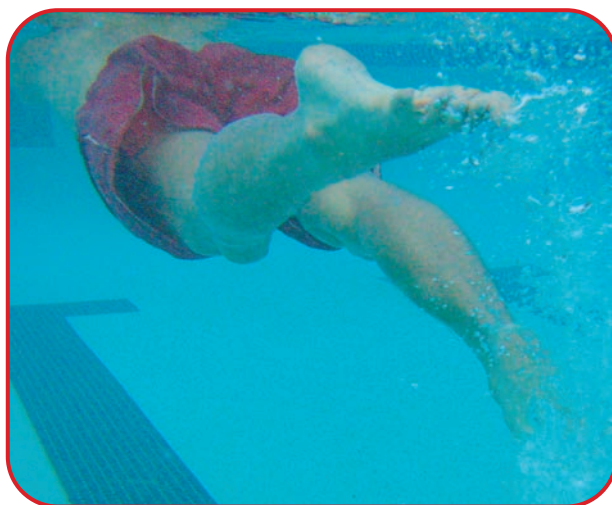
Swim: 4 x 50 Freestyle w/10 SR – faster tempo, same coordination

### 50 Easy

Drill/Swim: 12 x 25 w/30 SR – alternating 25s of Fast “Freestyle with Dolphin”/Fast Freestyle

Cool down: 100

Total: 1,950





# 23 Workout

**Focus Point:** Feel the Water

Warm up: 200

Kick: 200 flutter kick

Drill: 200 your choice

Drill: 4 x 50 “Sculling” w/10 SR – arms extended

Drill: 4 x 50 “Sculling” w/10 SR – arms at ribs

Drill: 4 x 50 “Sculling” w/10 SR – arms at hips

Swim: 3 x 100 Freestyle w/15 SR – feel on to water

50 Easy

Swim: 2 x 100 Freestyle w/15 SR – hold on to the water

50 Easy

Swim: 1 x 100 Fast Freestyle – maintain hold on the water

Cool down: 100

Total: 2,000



# 24 Workout

### **Focus Point:** Feel Core Centered Swimming

**Warm up:** 200

**Kick:** 200 flutter kick

**Drill:** 100 “Log Roll” – initiate roll from hips

**Drill:** 100 “Dead Arm Freestyle” – initiate roll from hips

**Drill:** 100 “Pendulum” – find line on each stroke

**Swim:** 4 x 25 Freestyle w/10 SR – count strokes

**Swim:** 4 x 50 Freestyle w/10 SR – roll into and out of each stroke

**Pull:** 200 – roll into and out of each stroke

**Swim:** 4 x 50 Freestyle w/10 SR – hips and shoulders roll together

**Pull:** 200 – hips and shoulders roll together

**Swim:** 4 x 50 Freestyle w/10 SR – feel unified core action

**Swim:** 4 x 25 Fast Freestyle w/10 SR – roll becomes a snap, count strokes, compare

**Cool down:** 100

**Total:** 2,000



# 25 Workout

**Focus Point:** Find Your Best Breathing Rhythm

Warm up: 200

Kick: 8 x 25 flutter kick w/10 SR

Drill: 200 “Dead Arm Freestyle” – alternate lengths of left arm/right arm

Swim: 200 Freestyle – breathe facing the same side of the pool the whole time

Swim: 4 x 50 Freestyle w/10 SR – breathe every 2 strokes

Swim: 4 x 50 Freestyle w/10 SR – breathe every 3 strokes

Swim: 4 x 50 Freestyle w/10 SR – breathe every 4 strokes

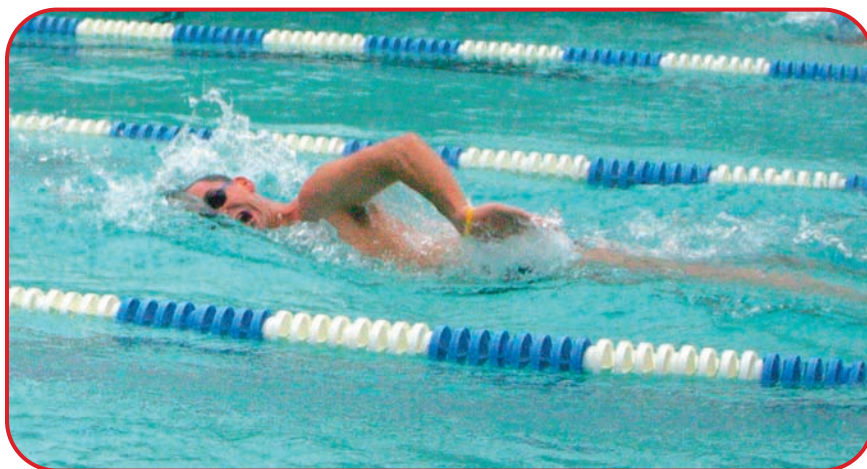
Swim: 4 x 50 Freestyle w/10 SR – breathe every 5 strokes

Swim: 4 x 50 Freestyle w/10 SR – your choice of breathing pattern

Swim: 4 x 25 Fast Freestyle w/30 SR – same breathing pattern, roll into and out of each breath

Cool down: 100

Total: 2,000



### Technique Workouts for Backstroke

# 26 Workout

#### **Focus Point:** Freestyle – Backstroke Contrast

**Warm up:** 200

**Kick:** 8 x 25 alternating on front/on back w/10 SR – hands leading

**Drill:** 4 x 50 alternating 50s of “Freestyle 12 Kick Switch”/ “Backstroke 12 Kick Switch” w/15 SR – roll from hips

**Swim:** 4 x 50 alternating 25s of Freestyle/Backstroke w/15 SR – feel similar roll from hips

**Drill:** 4 x 50 alternating 50s of “Freestyle 6 Kick Switch”/ “Backstroke 6 Kick Switch” w/15 SR – swim tall

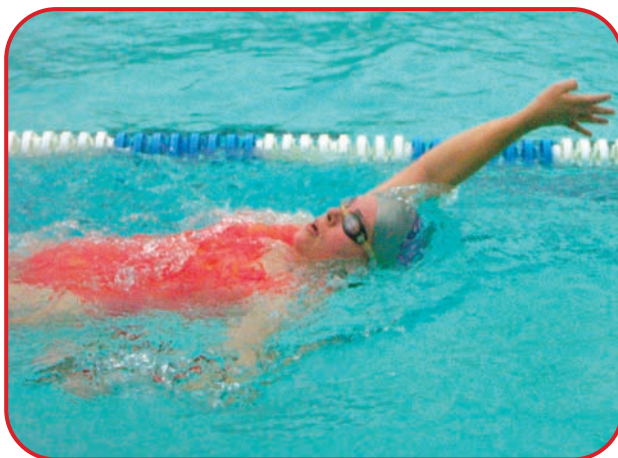
**Swim:** 4 x 50 alternating 25s of Freestyle/Backstroke w/15 SR – feel similar alignment

**Drill:** 4 x 50 “Fist Drill” alternating 50s of front/back w/15 SR – use forearm as paddle

**Swim:** 4 x 50 alternating 25s of Freestyle/Backstroke w/15 SR – feel similar paddle

**Cool down:** 100

**Total:** 1,700



# 27 Workout

**Focus Point:** Float on Your Spine

Warm up: 200

Kick: 200 alternating 25s on front/back

Drill: “Float on Spine” – 1 min.

Kick: 4 x 25 on back w/10 SR – head leading, float on spine

Kick: 4 x 25 on back w/10 SR – hands leading, float on spine

Drill: “Waterline Drill” – 1 min.

Kick: 4 x 25 on back w/10 SR – head leading, good waterline

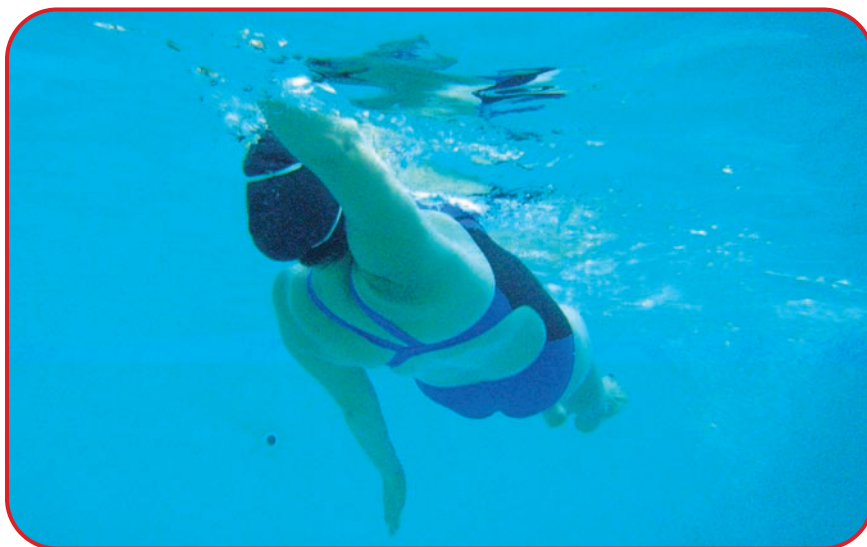
Kick: 4 x 25 on back w/10 SR – hands leading, good waterline

Kick/Swim: 8 x 50 Alternating 25s of kicking on back/backstroke w/15 SR

Swim: 8 x 50 Backstroke w/15 SR – float on spine, good waterline

Cool down: 100

Total: 1,700 + 2 min. stationary drills



# 28 Workout

### **Focus Point:** Feel the “Banana Position”

**Warm up:** 200

**Kick:** 200 your choice

**Drill:** “Float on Spine” – 1 min. – contract abdominals as if doing a crunch

**Drill:** “Waterline Drill” – 1 min. – contract abdominals as if doing a crunch

**Kick:** 4 x 25 on back w/10 SR – head leading – contract abdominals, achieve “banana position”

**Kick:** 4 x 25 on back w/10 SR – hands leading – contract abdominals, achieve “banana position”

**Kick/Swim:** 4 x 50 backstroke alternating 25s of kick and swim w/15 SR – contract abdominals

**Kick/Swim:** 4 x 50 backstroke alternating 25s of kick and swim w/15 SR – achieve “banana position”

### **50 Easy**

**Drill:** 4 x 50 “Backstroke 12 Kick Switch” – contract abdominals, achieve “banana position”

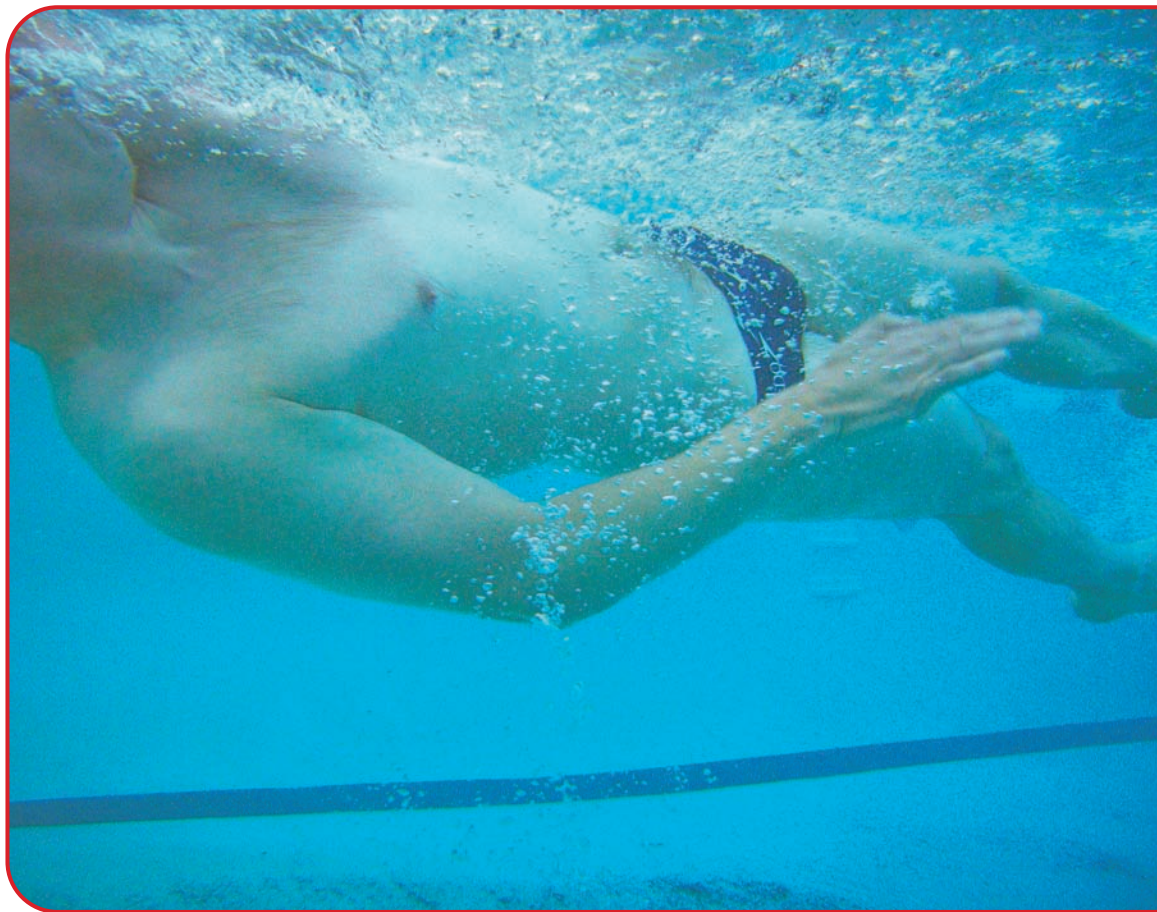
**Drill/Swim:** 4 x 50 alternating 25s of “12 Kick Switch”/Backstroke w/15 SR – maintain “banana position”

**Swim:** 8 x 25 Backstroke w/15 SR – maintain contracted abdominals and “banana position”

**Cool down:** 100

**Total:** 1,750 + 2 min. stationary drills







# 29 Workout

**Focus Point:** Achieve a Neutral Head and Relaxed Neck

**Warm up:** 200

**Kick:** 200 alternating 25s on back/front

**Drill:** 4 x 50 “Backstroke 12 Kick Switch” w/15 SR

**Kick:** 4 x 25 on back w/10 SR – head leading – achieve good waterline, neutral head position

**Kick:** 4 x 25 on back w/10 SR – head leading – use water as a pillow, achieve a relaxed neck

**Drill:** 4 x 50 “Backstroke 12 Kick Switch” w/15 SR – achieve a neutral head, relaxed neck

**Swim:** 8 x 50 Backstroke w/15 SR – maintain a neutral head, relaxed neck

**50 Easy**

**Swim:** 8 x 25 alternating 25s of Backstroke/Freestyle w/15 SR – achieve a neutral head, relaxed neck

**Cool down:** 100

**Total:** 1,750



## 30 Workout

**Focus Point:** Feel an “Independent Head”

**Warm up:** 200

**Kick:** 4 x 50 your choice w/10 SR

**Drill:** 4 x 50 “Backstroke 12 Kick Switch” w/15 SR – neutral head position, relaxed neck

**Swim:** 4 x 50 Backstroke w/15 SR – maintain a neutral head position, relaxed neck

**Kick:** 4 x 25 on back – head leading w/10 SR – cup on forehead w/10 SR – neutral head position  
**Kick:** 4 x 25 on back – head leading w/10 SR – cup on forehead w/10 SR – relaxed neck

**Drill:** 4 x 25 “Cup on Forehead - Quarter Turn” w/15 SR – neutral head position, relaxed neck

**50 Easy**

**Drill:** 4 x 25 “Cup on Forehead – Quarter Turn” w/15 SR – achieve an “Independent Head”

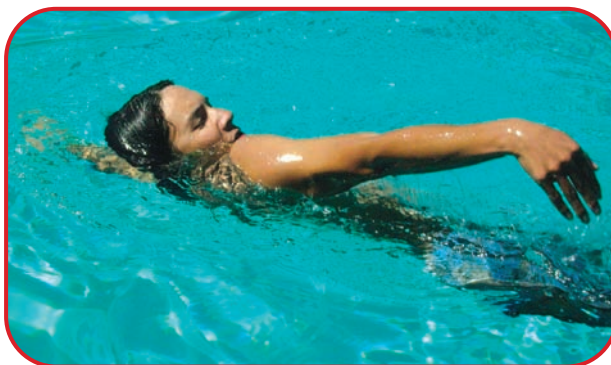
**Swim:** 4 x 50 Backstroke w/15 SR – achieve an “Independent Head”

**Drill:** 4 x 50 “Cup on Forehead – Quarter Turn” w/15 SR – achieve an “Independent Head”

**Swim:** 4 x 25 Backstroke w/15 SR – achieve an “Independent Head”

**Cool down:** 100

**Total:** 1,850



# 31 Workout

### **Focus Point:** Getting Comfortable on Your Back

**Warm up:** 200

**Kick:** 200 your choice

**Drill:** 4 x 50 “Backstroke 12 Kick Switch” w/10 SR – focus on alignment from reaching arm to feet

**Swim:** 4 x 25 Backstroke w/10 SR – focus on alignment from reaching arm to feet

**Kick:** 4 x 25 backstroke kick w/10 SR – notice pool markers such as flags, lane lines

**Swim:** 4 x 50 Backstroke w/15 SR – use pool markers to gauge distance from wall and direction

**Kick:** 4 x 25 backstroke kick w/10 SR – head leading – scan for other landmarks such trees or light poles

**Kick:** 4 x 25 backstroke kick w/10 SR – arms leading – locate same markers as above

**Swim:** 4 x 50 Backstroke w/15 SR – maintain visual contact with markers

### **50 Easy**

**Kick:** 4 x 25 backstroke kick – hands leading – lean slightly to left for 12 kicks. Repeat to right.

**Kick:** 4 x 25 backstroke kick – hands leading – kick 24 kicks then locate marker. Lean left or right to steer.

**Swim:** 100 Backstroke – use pool markers and landmarks. Correct direction by leaning to steer.

**Cool down:** 100

**Total:** 1,850



# 32 Workout

### Focus Point: Productive Kicking

Warm up: 200

Kick: 200 your choice

Drill: 4 x 25 “No Knees Streamline Kick” w/10 SR

Swim: 4 x 50 Backstroke w/15 SR – keep knees underwater

Drill: 4 x 25 “Boiling Water Drill” w/10 SR

Swim: 4 x 50 Backstroke w/15 SR – kick water upward

Drill: 4 x 25 “Backstroke 12 Kick Switch” w/10 SR – focus on quick kicking

Swim: 4 x 50 Backstroke w/15 SR – focus on quick kicking

### 50 Easy

Kick: 100 Backstroke Kick – knees underwater, kick water upward, quick kicking

Swim: 100 Backstroke – knees underwater, kick water upward, quick kicking

Swim: 8 x 25 Backstroke w/10 SR – focus on productive kicking

Cool down: 100

Total: 1,850





# 33 Workout

### **Focus Point:** Develop Good Foot Position

**Warm up:** 200

**Kick:** 200 your choice

**Drill:** “Vertical Kicking” – 30 sec. – point toes, feel pressure of water on top of foot

**Drill:** “Vertical Kicking” – 30 sec. – without pointing toes, notice it is difficult to keep your head up

**Drill:** “Vertical Kicking” – 30 sec. – point toes, feel pressure of water on top of foot

### 50 Easy

**Kick:** 100 Backstroke Kick – hands leading – press water upward with top of foot

**Kick:** 100 Backstroke Kick – hands leading – relax foot as heel drops down

**Kick:** 100 Backstroke Kick – hands leading – snap foot up, and relaxing it down

### 50 Easy

**Swim:** 4 x 50 Backstroke w/15 SR – snap foot up, relax it down.

**Drill:** “Vertical Kicking” – 30 sec. – toes pointing outward

**Drill:** “Vertical Kicking” – 30 sec. – toes pointing straight down

**Drill:** “Vertical Kicking” – 30 sec. – pigeon toe position

### 50 Easy

**Drill:** 8 x 25 “Pigeon Toed Kicking” w/10 SR

**Swim:** 4 x 50 Backstroke w/15 SR – use pointed, pigeon toe foot, snap foot up, relax it down

### 50 Easy



## Technique Workouts for Backstroke

**Kick/Swim:** 4 x 50 alternating 25s of Backstroke Kick/Backstroke w/15 SR – use good foot position

**Cool down:** 100

**Total:** 1,800 + 3 min. stationary drills



# 34 Workout

### Focus Point: Kick with Power

Warm up: 200

Kick: 100 your choice

Kick: 4 x 25 your choice – fast kick w/10 SR

Drill: 4 x 25 “No Knees Streamline Kick” w/10 SR

Drill: 4 x 25 “Pigeon Toed Kicking” w/10 SR

Drill: 4 x 25 “Boiling Water Drill” w/10 SR

Kick/Swim: 8 x 50 kick on back/Backstroke – use good foot position and productive kick

### 50 Easy

Drill: 4 x 25 “No Knees Streamline Kick” w/10 SR

Drill: 4 x 25 “Pigeon Toed Kicking” w/10 SR

Drill: 4 x 25 “Boiling Water Drill” w/10 SR

Kick/Swim: 6 x 50 alternating 25s of Backstroke Kick/Backstroke – use narrow, quick kicks

### 50 Easy

Swim: 4 x 25 Backstroke w/10 SR – use narrow, quick kicks and good foot position for kick power.

Cool down: 100

Total: 1,900



# 35 Workout

**Focus Point:** Feeling the Path of the Stroke

**Warm up:** 200

**Kick:** 200 your choice

**Swim:** 200 Freestyle – focus on the straight arm beginning and end of the stroke

**Swim:** 200 Freestyle – focus on the the bent elbow position in the mid-pull

**Drill:** 4 x 25 “One Arm Rope Climb” w/10 SR

**Swim:** 100 Backstroke – focus on the straight arm beginning and end of the stroke

**Swim:** 100 Backstroke – focus on the the bent elbow position in the mid-pull

**Swim:** 200 Freestyle – focus on the sweeping path of the stroke

**Swim:** 200 Freestyle – focus on accelerating towards the end of the stroke

**Drill:** 4 x 25 “Up and Over” w/10 SR

**Swim:** 100 Backstroke – focus on the sweeping path of the stroke

**Swim:** 100 Backstroke – focus on accelerating towards the end of the stroke

**Swim:** 4 x 25 Backstroke w/10 SR – feel the path of the stroke

**Cool down:** 100

**Total:** 2,000



# 36 Workout

### Focus Point: Pull, Then Push

**Warm up:** 200

**Kick:** 6 x 50 alternating 25s on front/on back

**Drill:** 100 “Pull/Push Freestyle” – focus on feeling the pull

**Drill:** 100 “One Arm Pull/Push Backstroke” – focus on feeling the pull

**Swim:** 200 alternating 25s of Freestyle/Backstroke – focus on feeling the pull

**Drill:** 100 “Pull/Push Freestyle” – focus on feeling the push

**Drill:** 100 “One Arm Pull/Push Backstroke” – focus on feeling the push

**Swim:** 200 alternating 25s of Freestyle/Backstroke – focus on feeling the push

**Drill:** 100 “Pull/Push Freestyle” – feel the transition from pull to push

**Drill:** 100 “One Arm Pull/Push Backstroke” – feel the transition from pull to push

**Swim:** 200 alternating 25s of Freestyle/Backstroke – feel the transition from pull to push

### 50 Easy

**Swim:** 6 x 25 Backstroke  
w/10 SR – feel  
pull, then push

**Cool down:** 100

**Total:** 2,000



# 37 Workout

**Focus Point:** Hold On to Water

Warm up: 200

Kick: 6 x 50 – alternating 25s on front/on back

Swim: 200 – alternating 25s of Freestyle/Backstroke – feel the path of the stroke

Swim: 200 – alternating 25s of Freestyle/Backstroke – feel pull, then push

Swim: 200 Backstroke – feel the path of the stroke, and pull, then push

Drill/Swim: 8 x 25 w/10 SR – alternating “Fist Backstroke”/Backstroke

Drill/Swim: 8 x 25 w/10 SR – alternating “One Arm Pull/Push Backstroke”/Backstroke

Swim: 200 Backstroke – hold on to the water throughout the stroke

**50 Easy**

Swim: 6 x 25 Backstroke w/10 SR – hold on to the water throughout the stroke

Cool down: 100

Total: 2,000





# 38 Workout

### **Focus Point:** Make a Clean Hand Entry

**Warm up:** 200

**Kick:** 8 x 50 – alternating 50s on front/on back

**Swim:** 4 x 50 Backstroke w/15 SR – identify what part of your hand enters the water first

**Drill:** 200 “One Arm Pull/Push Backstroke” – enter the water with your pinkie

**Swim:** 4 x 50 Backstroke w/15 SR – enter the water with your pinkie

### 50 Easy

**Drill:** 200 “Backstroke 12 Kick Switch” – slice the water with your pinkie at entry

**Swim:** 4 x 50 Backstroke w/15 SR – slice the water with your pinkie at entry

### 50 Easy

**Swim:** 8 x 25 Backstroke w/10 SR – making a clean hand entry

**Cool down:** 100

**Total:** 2,000





# 39 Workout

### Focus Point: Catch Deep

Warm up: 200

Kick: 6 x 25 on back w/10 SR

Kick: 6 x 25 on front w/10 SR

Drill: 200 “Backstroke 12 Kick Switch” – allow reaching hand to descend about 12 inches under the surface

Swim: 4 x 50 Backstroke w/15 SR – allow reaching hand to descend 12 inches under the surface

Drill: 200 “One Arm Pull/Push Backstroke” – achieve catch about 12 inches under the surface

Swim: 4 x 50 Backstroke w/15 SR – achieve catch about 12 inches under the surface

Drill: 200 “Up and Over” – pull upward after your deep catch

Swim: 4 x 50 Backstroke w/15 SR – pull upward after your deep catch

Drill/Swim: 100 alternating 25s of “Corkscrew”/Backstroke – feel a deep catch each stroke on back

Swim: 4 x 25 Backstroke w/10 SR – catch deep

Cool down: 100

Total: 2,000



# 40 Workout

### Focus Point: Entry Alignment

Warm up: 200

Kick: 300 your choice

Drill: 100 “Clock Arms” – hands enter at 12:00

Drill: 100 “Clock Arms” – hands enter at 11:00/1:00

Drill: 100 “Clock Arms” – hands enter at 10:00/2:00

Swim: 200 Backstroke – hands enter between 11:00 /1:00 – 10:00/2:00

Drill: 100 “Backstroke 12 Kick Switch” – align entering hand with head

Drill: 100 “Backstroke 12 Kick Switch” – align entering hand with shoulder

Drill: 100 “Backstroke 12 Kick Switch” – align entering hand outside shoulder

Swim: 200 Backstroke – hands enter aligned with or outside shoulder

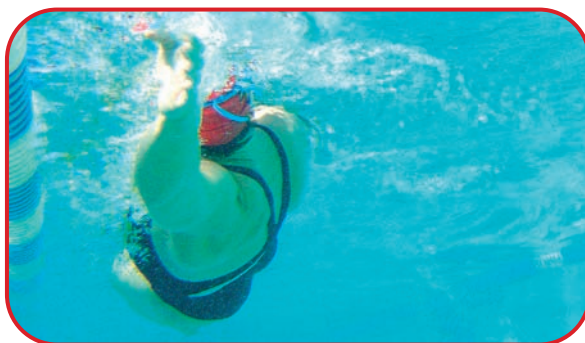
Swim: 4 x 50 Backstroke w/10 SR – place hands precisely beyond 12:00 at entry

Swim: 4 x 25 Freestyle w/10 SR

Swim: 4 x 50 Backstroke w/10 SR – place hands precisely at shoulder width or wider at entry

Cool down: 100

Total: 2,000



# 41 Workout

### Focus Point: Elbows and Alignment

Warm up: 200

Kick: 8 x 50 – alternating 50s on front/on back

Swim: 4 x 50 Backstroke w/15 SR – count strokes

Drill: 4 x 50 “Backstroke 12 Kick Switch” w/15 SR – firm elbow throughout recovery

Swim: 4 x 50 Backstroke w/15 SR – firm elbow throughout recovery, count strokes, compare

### 50 Easy

Swim: 4 x 50 Backstroke w/15 SR – count strokes

Drill: 4 x 50 “Locked Elbow Recovery Drill” w/15 SR – locked elbow throughout recovery

Swim: 4 x 50 Backstroke w/15 SR – locked elbow throughout recovery, count strokes, compare

Cool down: 100

Total: 1,950



# 42 Workout

### **Focus Point:** Relaxing Your Hand During Recovery

Warm up: 200

Kick: 200 on front

Kick: 200 on back

Drill: 100 “Backstroke 12 Kick Switch” – roll from core

Swim: 200 Backstroke – roll from core

Drill: 100 “Backstroke 12 Kick Switch” – roll from core, relax recovering hand

Swim: 200 Backstroke – roll from core, relax recovering hand

Drill: 100 “Two-Step Recovery” – stabilize from core

Swim: 200 Backstroke – stabilize from core

Drill: 100 “Backstroke 12 Kick Switch” – stabilize from core, relax recovering hand

Swim: 200 Backstroke – stabilize from core, relax recovering hand

Swim: 4 x 25 Fast Backstroke w/15 SR – recover with relaxed hands

Cool down: 100

Total: 1,950



## 43 Workout

**Focus Point:** Avoid a “Collapsed Wrist”

**Warm up:** 200

**Kick:** 200 your choice

**Drill:** 100 “Backstroke 12 Kick Switch” – switch from core, recovering with shoulders aligned

**Drill:** 100 “Locked Elbow Drill” – generate recovery from core, keep elbows locked

**Swim:** 100 Backstroke – shoulders aligned, elbows locked

**Swim:** 100 Backstroke – shoulders aligned, elbows locked, positive wrist position

**Swim:** 4 x 50 Backstroke w/15 SR – count strokes

**Drill:** 4 x 50 “Puppy Ears” w/15 SR – positive wrist position

**Swim:** 4 x 50 Backstroke w/15 SR – positive wrist position – count strokes, compare

**Drill:** 4 x 50 “One Arm Pull/Push Backstroke” w/15 SR – pitch hand outward at entry

**Swim:** 4 x 50 Backstroke w/15 SR - pitch hand outward at entry – count strokes, compare

**Swim:** 4 x 25 Fast Backstroke w/15 SR – avoid a “collapsed wrist”

**Cool down:** 100

**Total:** 2,000



# 44 Workout

### Focus Point: Opposition

Warm up: 200

Kick: 8 x 25 on back w/10 SR – alternating 25s fast/medium

Drill: 200 “Backstroke 12 Kick Switch” – observe relationship between arms

Swim: 200 Backstroke – observe relationship between arms

Drill: 200 “Opposition Freeze Frame” – notice opposite arm positions

Swim: 200 Backstroke – notice opposite arm positions

Swim: 4 x 50 Backstroke w/15 SR – notice opposition at start and end of stroke

Swim: 4 x 25 Fast Backstroke w/15 SR – maintain opposition

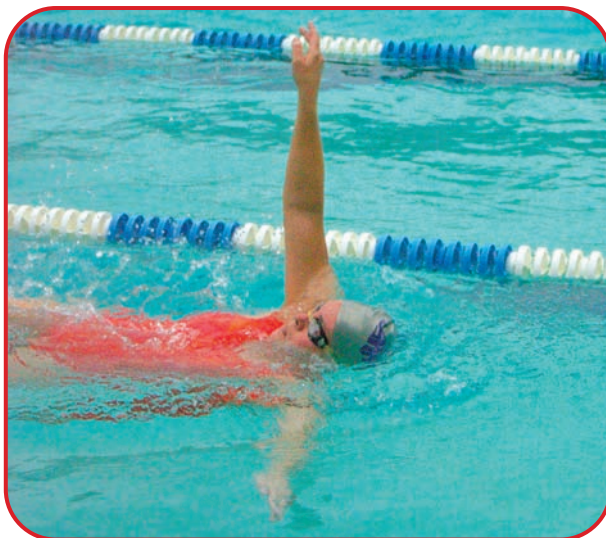
### 50 Easy

Swim: 4 x 50 Backstroke w/15 SR – notice opposition in middle of stroke

Swim: 4 x 25 Fast Backstroke w/15 SR – maintain opposition

Cool down: 100

Total: 1,950





# 45 Workout

**Focus Point:** Using Core Leverage

**Warm up:** 200

**Kick:** 200 your choice

**Drill:** 200 “Backstroke 12 Kick Switch” – feel core stability on each side

**Drill/Swim:** 200 alternating 25s of “Backstroke 12 Kick Switch”/ Backstroke – feel core stability on each side

**Drill:** 200 “Backstroke 3 Stroke Switch” – feel switch from core

**Drill/Swim:** 200 alternating 25s of “Backstroke 3 Kick Switch”/ Backstroke – feel switch from core

**Drill:** 200 “One Arm Pull/Push” – roll into and out of each stroke

**Drill/Swim:** 200 alternating 25s of “One Arm Pull/Push Backstroke”/ Backstroke – roll into and out of each stroke

**Swim:** 4 x 50 Backstroke w/15 SR – use core to stabilize and roll into and out of each stroke

**Swim:** 4 x 25 Backstroke w/10 SR – maintain core leverage

**Cool down:** 100

**Total:** 2,000



# 46 Workout

**Focus Point:** Breathing Rhythms

Warm up: 200

Kick: 200 – your choice

Drill: 4 x 25 “Breathing Pocket” w/10 SR

Swim: 6 x 50 Backstroke w/15 SR – find breathing pocket in each stroke cycle

Drill: 4 x 25 “Rhythmic Breathing” w/10 SR

Swim: 6 x 50 Backstroke w/15 SR – establish rhythmic breathing

Swim: 25 Backstroke – 10 SR

Swim: 50 Backstroke – 15 SR

Swim: 75 Backstroke – 20 SR

Swim: 100 Backstroke – 25 SR

Swim: 200 Backstroke

Swim: 8 x 25 alternating 25s of Freestyle/Backstroke w/10 SR – use rhythmic breathing

**50 Easy**

Swim: 4 x 25 Fast Backstroke w/15 SR – maintain rhythmic breathing

Cool down: 100

Total: 2,000



# 47 Workout

### Focus Point: Coordinated Backstroke

Warm up: 200

Kick: 300 – alternating 25s on front/on back

Swim: 50 Backstroke – focus on spine axis

Swim: 50 Backstroke – focus on productive kicking

Swim: 50 Backstroke – focus on good catch

Swim: 50 Backstroke – focus on pull and push

Swim: 50 Backstroke – focus on relaxed, aligned recovery

Swim: 50 Backstroke – focus on rolling from the core

Swim: 100 Backstroke – try to incorporate all of the above

Drill: 200 “Armpit Lift”

Drill/Swim: 200 alternating 25s of “Armpit Lift”/Backstroke

Swim: 100 Backstroke – notice how lifting armpit affects stroking arm

Drill: 200 “Roll/Pull, Roll/Push”

Drill/Swim: 200 alternating 25s of “Roll/Pull, Roll/Push”/Backstroke

Swim: 100 Backstroke – notice actions on one side of the stroke balance the other side

Cool down: 100

Total: 2,000



# 48 Workout

### Focus Point: Backstroke Balance

Warm up: 200

Kick: 100 on back

Kick: 100 on front

Kick: 100 on back

Drill: 100 “Cup on Forehead – Quarter Turn” – rolling from core

Drill: 100 “Cup on Forehead – Quarter Turn” – rolling from core, establish an “independent head”

Swim: 200 Backstroke – rolling from core, maintain an “independent head”

Drill: 100 “Backstroke Balance Drill with Cup” – rolling from core, “independent head”

Drill: 100 “Backstroke Balance Drill with Cup” – rolling from core, “independent head”

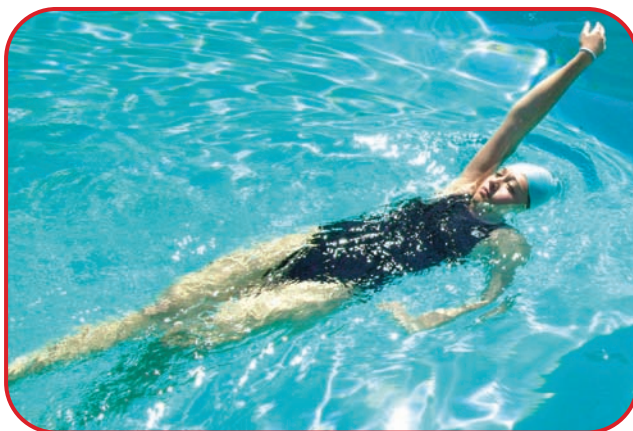
Swim: 200 Backstroke – rolling from core, “independent head”, balanced stroke

### 50 Easy

Swim: 10 x 50 alternating 50s of Freestyle/Backstroke w/ 15 SR – maintain stroke balance

Cool down: 100

Total: 1,950



# 49 Workout

**Focus Point:** Constant Motion

Warm up: 200

Kick: 200 – your choice

Drill: 4 x 50 “Backstroke 12 Kick Switch” w/15 SR

Swim: 4 x 50 Backstroke w/15 SR – no blank spots in kick

Drill: 4 x 50 “Backstroke 3 Stroke Switch” w/15 SR

Swim: 4 x 50 Backstroke w/15 SR – no flat spots in roll

Drill: 4 x 50 “Roll, Pull/Roll, Push” w/15 SR

Swim: 4 x 50 Backstroke w/15 SR – no still spots in stroke

**50 Easy**

Swim: 8 x 25 Fast Backstroke w/15 SR – constant kick, roll, motion

Cool down: 100

Total: 1,950





# 50 Workout

### **Focus Point:** Freestyle/Backstroke Stroke Count Comparison

**Warm up:** 200

**Kick:** 200 alternating 25s on front/on back

**Drill:** 200 “Freestyle 12 Kick Switch”

**Drill:** 200 “Backstroke 12 Kick Switch”

**Drill/Swim:** 200 alternating 25s of “Freestyle 12 Kick Switch”/  
“Backstroke 12 Kick Switch”

**Swim:** 200 alternating 25s of Freestyle/Backstroke

**Swim:** 4 x 50 Freestyle w/10 SR – get average stroke count per 25

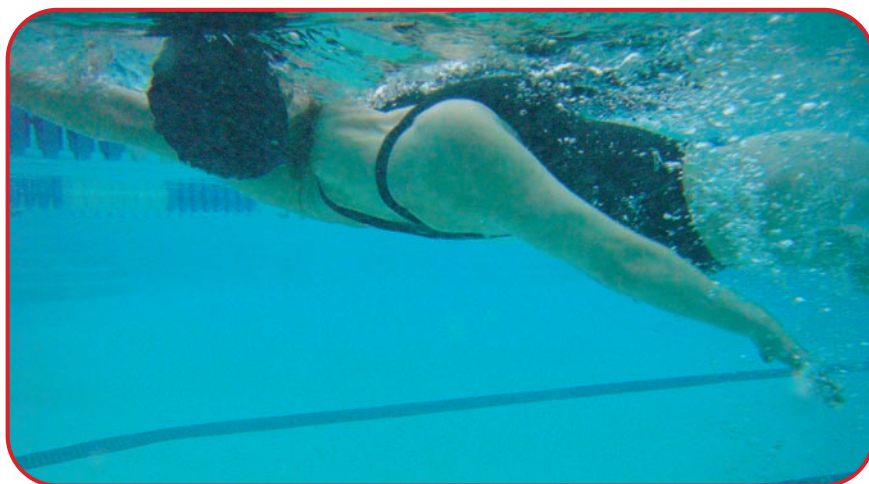
**Swim:** 4 x 50 Backstroke w/10 SR – get average stroke count  
per 25, compare

**Drill:** 4 x 25 “Cork Screw” w/15 SR – feel one stroke freestyle  
and one stroke backstroke

**Swim:** 8 x 25 alternating 25s of Freestyle/Backstroke w/15 SR –  
strive for same stroke count

**Cool down:** 100

**Total:** 2,000





## Technique Workouts for Breaststroke

# 51 Workout

### Focus Point: Breaststroke's "Home Base" Position

**Warm up:** 200

**Kick:** 200 – other than breaststroke kick

**Drill:** "Streamline" – 5 minutes

**Drill:** 200 "3 Kick Breaststroke" – maintain streamline upper body throughout 3 kick phase

**Drill:** 200 "2 Kick Breaststroke" – return to full streamline position after each kick

**Swim:** 100 Breaststroke – strike streamline position after each kick

**Drill:** 200 "Breaststroke Arms with Flutter Kick" – return to full streamline position after each arm stroke

**Drill:** 200 "Heads Up Breaststroke with Flutter Kick" – hold streamline position after each arm stroke

**Swim:** 100 Breaststroke – strike streamline position after each kick

**Swim:** 4 x 25 Breaststroke w/10 SR – return to home base for 3 seconds after each stroke cycle

**Swim:** 4 x 25 Breaststroke w/10 SR – return to home base for 2 seconds after each stroke cycle

**Cool down:** 100

**Total:** 1,700 + 5 min. stationary drills



# 52 Workout

### Focus Point: Breaststroke Balance Point

Warm up: 200

Kick: 200 – other than breaststroke kick

Drill: “Rocking Drill” – 1 min. – find the “chest high” position at the beginning of each kick

Drill: “Rocking Drill” – 1 min. – find the “chest low” position at the end of each kick

Swim: 200 Breaststroke – find the high and low chest positions in each stroke

Drill: 100 “Breaststroke with Dolphin” – breathe above hip line

Drill: 100 “Breaststroke with Dolphin” – streamline below hip line

Swim: 200 Breaststroke – breathe up and streamline down in each stroke

Drill: 100 “Shoot to Streamline” – use hips to balance upper body actions

Drill: 100 “Shoot to Streamline” – use hips to balance kick

Swim: 200 Breaststroke – feel your hips as the balance point of the stroke

Swim: 4 x 25 Breaststroke w/10 SR – holding your balance point

Cool down: 100

Total: 1,800 + 2 min.  
stationary  
drills



## 53 Workout

### **Focus Point:** Breaststroke Foot Position and Ankle Rotation

**Warm up:** 200

**Kick:** 300 – other than breaststroke kick

**Drill:** “Flex/Point” – 2 minutes

**Drill:** “Duck Feet” – 5 minutes

**Kick:** 4 x 25 Breaststroke kick w/10 SR – focus on flexing feet

**Kick:** 4 x 25 Breaststroke kick w/10 SR – focus on holding on to water with sole of feet

**Kick:** 4 x 25 Breaststroke kick w/10 SR – focus on ankle rotation throughout kick

**Drill:** “Vertical Breaststroke Kick” – 1 minute – focus on flexing feet

**Drill:** “Vertical Breaststroke Kick” – 1 minute – focus on holding on to water with sole of feet

**Drill:** “Vertical Breaststroke Kick” – 1 minute – focus on ankle rotation throughout kick

**Swim:** 4 x 50 Breaststroke w/15 SR – focus on flexing feet

**Swim:** 4 x 50 Breaststroke w/15 SR – focus on holding on to water with sole of feet

**Swim:** 4 x 50 Breaststroke w/15 SR – focus on ankle rotation throughout kick

**Cool down:** 100

**Total:** 1,500 + 10 min. stationary drills



# 54 Workout

### Focus Point: Circle Feet Around Knees

**Warm up:** 200

**Kick:** 200 – other than breaststroke kick

**Drill:** “Vertical Breaststroke Kick” – 1 min. – position knees shoulder width apart

**Drill:** “Vertical Breaststroke Kick” – 1 min. – knees closer together than feet

**Swim:** 4 x 50 Breaststroke w/15 SR – knees shoulder width apart, closer together than feet

**Drill:** 50 “Breaststroke Kick on Back” – keep knees shoulder width apart

**Drill:** 50 “Breaststroke Kick on Back” – keep feet outside knees

**Swim:** 4 x 50 Breaststroke w/15 SR – knees shoulder width apart, feet outside knees

**Drill:** 50 “Heads Up Breaststroke Kick” – arms leading – knees stay shoulder width apart

**Drill:** 50 “Heads Up Breaststroke Kick” – head leading – sweep wide to narrow with feet

**Swim:** 4 x 50 Breaststroke w/15 SR – knees shoulder width apart, sweep wide to narrow with feet

**Drill:** 50 “Heads Up Breaststroke Kick” – arms leading – stable knees

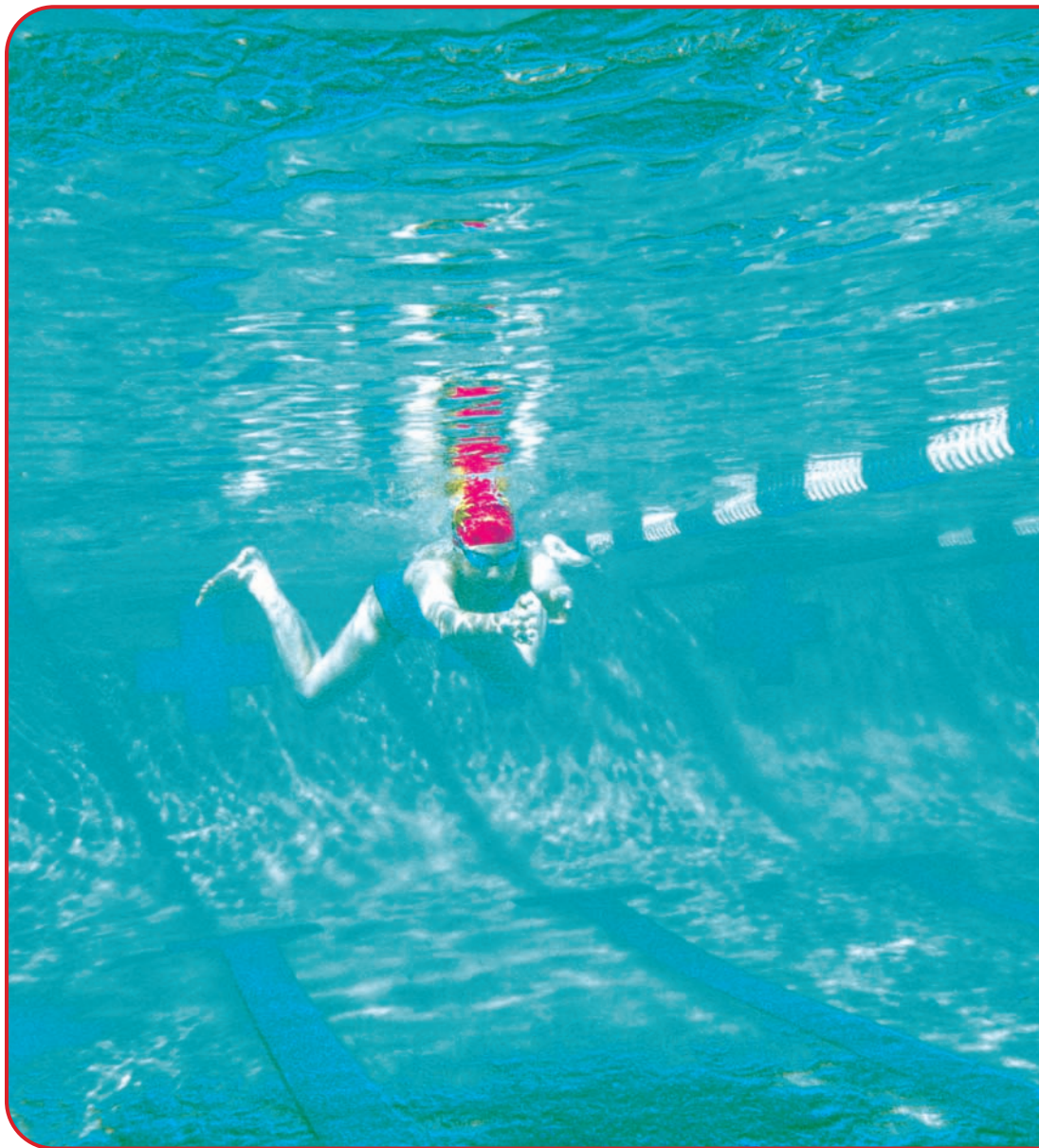
**Drill:** 50 “Heads Up Breaststroke Kick” – head leading – circle feet around knees

**Swim:** 4 x 50 Breaststroke w/15 SR – stable knees, circle feet around knees

**Swim:** 4 x 25 Breaststroke w/10 SR – stable knees, shoulder width apart, circle feet around knees

**Cool down:** 100

**Total:** 1,700 + 2 min. stationary drills





# 55 Workout

### Focus Point: Minimize Bend at Hips

Warm up: 200

Kick: 200 – other than breaststroke kick

Drill: 200 “Breaststroke Kick on Back” – draw heel ups behind you

Drill: 200 “Breaststroke Kick on Back” with kickboard over knees – keep knees underwater

Swim: 4 x 50 Breaststroke w/15 SR – minimal bend at hips

Drill: “Vertical Breaststroke Kick” – 1 min. – achieve straight line from shoulder to knee

Drill: “Vertical Breaststroke Kick” – 1 min. – avoid bobbing bending at the hip

Swim: 4 x 50 Breaststroke w/15 SR – minimal bend at hips

Drill: 200 “Heads Up Breaststroke Kick – head leading – feel heels with finger tips

Drill: 200 “Heads Up Breaststroke Kick – head leading – avoid drag of folding at the hip

Swim: 4 x 50 Breaststroke w/15 SR – minimal bend at hips

Cool down: 100

Total: 1,900 + 2 min. stationary drills





# 56 Workout

## Focus Point: Keep Heels Underwater

**Warm up:** 200

**Kick:** 200 – other than breaststroke kick

**Swim:** 8 x 50 alternating 50s of Freestyle/Breaststroke w/15 SR

**Drill:** 4 x 25 “Heads Up Breaststroke Kick” w/10 SR – listen for absolutely quiet kick

**Swim:** 4 x 50 Breaststroke w/15 SR – kick should never break the surface

**Drill:** 4 x 25 “3 Kick Breaststroke” w/10 SR – avoid snagging air with feet

**Swim:** 4 x 50 Breaststroke w/15 SR – keep heels underwater

**Drill:** “Rocking Drill” – 1 min – rock chest up to increase water over raised heels

**Swim:** 200 Breaststroke – incorporate rocking motion to keep heels underwater

## 50 Easy

**Swim:** 4 x 25 Fast Breaststroke – keep heels underwater by rocking

**Cool down:** 100

**Total:** 1,850 + 1 min. stationary drills



# 57 Workout

### Focus Point: Accelerate Your Kick

**Warm up:** 200

**Kick:** 8 x 50 – other than breaststroke kick

**Drill:** “Vertical Breaststroke Kick” – 30 seconds – use slow kick

**Drill:** “Vertical Breaststroke Kick” – 30 seconds – use fast kick  
– notice face stays above water better

**Swim:** 4 x 50 Breaststroke w/15 SR – use fast kick

**Drill:** 100 “Heads Up Breaststroke Kick” – arms leading – each kick finishes faster than it starts

**Drill:** 100 “Heads Up Breaststroke Kick” – head leading – each kick finishes faster than it starts

**Swim:** 4 x 50 Breaststroke w/15 SR – finish each kick fast

**Drill:** 100 “3 Kick Breaststroke” – accelerate your kick

**Drill:** 100 “2 Kick Breaststroke” – accelerate your kick

**Swim:** 4 x 50 Breaststroke w/15 SR – clap feet together at end of kick

**Swim:** 8 x 25 alternating 25s of Fast Breaststroke/Easy Breaststroke w/15 SR – accelerate your kick

**Cool down:** 100

**Total:** 1,900 + 1 min. stationary drills



# 58 Workout

**Focus Point:** Keep Arm Stroke Small and Forward

Warm up: 200

Kick: 200 – other than breaststroke kick

Drill: 4 x 50 “Sculling” w/15 SR – hands stay forward

Swim: 200 Breaststroke – incorporate sculling motion

Drill: 4 x 50 “Half Stroke Breaststroke” w/15 SR – watch hands throughout stroke

Swim: 200 Breaststroke – keep hands within visual range

Drill: 4 x 50 “Hand Speed Drill” w/15 SR – small strokes make faster strokes

Swim: 200 Breaststroke – keep arm stroke small and forward

50 Easy

Swim: 8 x 25 Breaststroke w/10 SR -- watch hands, keep arm stroke small and forward

Cool down: 100

Total: 1,950



## 59 Workout

**Focus Point:** No Chicken Wings!

**Warm up:** 200

**Kick:** 200 – other than breaststroke kick

**Drill:** 4 x 50 “Sculling” w/15 SR – feel outsweep and insweep

**Swim:** 8 x 25 Breaststroke w/10 SR – keep elbows high until end of insweep

**Drill:** 4 x 25 “Breaststroke with Fists” w/10 SR – elbows follow hands inward at insweep

**Drill/Swim:** 200 – alternating 25s of “Breaststroke with Fists”/ Breaststroke – hands, then elbows

**Drill:** 8 x 25 “Half Stroke Breaststroke” w/10 SR – keep elbows in front of rib cage

**Swim:** 4 x 50 Breaststroke w/15 SR – keep elbows from slipping behind rib cage

**Drill/Swim:** 200 – alternating 25s of “Hand Speed Drill”/Breaststroke – fold elbows in front of rib cage

**Swim:** 8 x 25 Breaststroke w/10 SR – no chicken wings!

**Cool down:** 100

**Total:** 2,000





# 60 Workout

**Focus Point:** Hold On to the Water Through the Corners

Warm up: 200

Kick: 300 – other than breaststroke kick

Drill: 200 “Sculling” – hold on to water through outsweep and insweep

Swim: 8 x 50 Breaststroke w/15 SR – feel the corners

Drill: 8 x 50 “Corners Drill” w/15 SR – don’t let go of the water

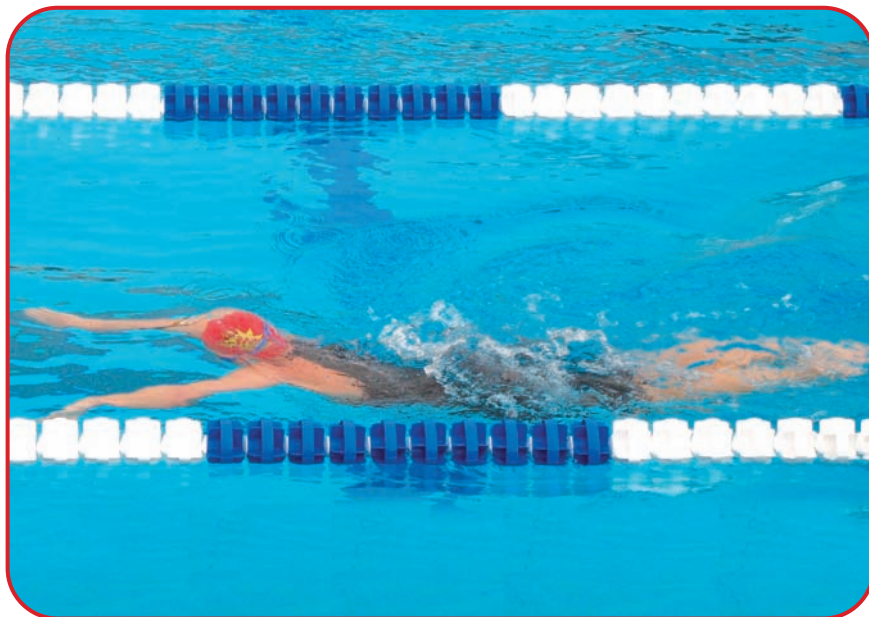
Swim: 200 Breaststroke – hold on to the water in both directions

Swim: 4 x 25 Breaststroke w/10 SR – feel the corners

Swim: 4 x 25 Breaststroke w/10 SR – hold on to the water through the corners

Cool down: 100

Total: 2,000





## 61 Workout

### Focus Point: Getting Through the “Drag Point”

Warm up: 200

Kick: 300 – other than breaststroke kick

Swim: 200 Breaststroke w/15 SR – notice any halt in arm stroke at end of insweep

Drill: 8 x 25 “Heads Up Breaststroke” w/10 SR – identify the halt at the “drag point”

Drill: 4 x 50 “Breaststroke with Fists” w/15 SR – feel the halt at the “drag point”

Swim: 200 Breaststroke – feel the effect of the “drag point”

Drill: 4 x 50 “Hand Speed Drill” w/15 SR – eliminate halt at end of insweep

Swim: 200 Breaststroke – get through the “drag point” quickly

Drill: 100 “Shoot to Streamline” – get through the “drag point”

Swim: 4 x 25 alternating 25s of Fast Breaststroke/Easy Freestyle w/15 SR – eliminate “the drag point”

Cool down: 100

Total: 2,000



# 62 Workout

### **Focus Point:** Get Back to “Home Base”

**Warm up:** 200

**Kick:** 300 – other than breaststroke kick

**Swim:** 8 x 25 Breaststroke w/10 SR – feel the “home base” starting point of each stroke

**Swim:** 8 x 25 Breaststroke w/10 SR – feel the “home base” ending point of each stroke

**Drill:** 200 “Heads Up Breaststroke” – watch hands touch “home base” after each stroke

**Swim:** 4 x 50 Breaststroke w/15 SR – start each new stroke from “home base”

**Swim:** 200 Breaststroke – strike home base between each stroke

**Drill:** 2 x 100 “Shoot to Streamline” w/15 SR – shoot to “home base”

**Swim:** 8 x 25 Breaststroke w/15 SR – get back to “home base”

**Cool down:** 100

**Total:** 2,000



## 63 Workout

### Focus Point: Lean into Your Recovery

- Warm up:** 200
- Kick:** 8 x 25 – other than breaststroke kick w/10 SR
- Swim:** 200 Breaststroke – focus on achieving a productive streamline
- Drill:** 4 x 25 “Rocking Drill” w/10 SR – shift weight forward approaching streamline
- Swim:** 200 Breaststroke – streamline downhill after recovery
- Swim:** 200 Breaststroke – streamline downhill, balance on your chest
- Drill:** 4 x 25 “Grow Your Recovery” w/10 SR – lean into your recovery
- Swim:** 200 Breaststroke – shift weight forward into recovery
- Swim:** 200 Breaststroke – use narrow recovery
- Drill:** 4 x 25 “Shoot to Streamline” w/10 SR – narrow, quick recovery
- Swim:** 200 Breaststroke – narrow, quick recovery to downhill streamline
- Cool down:** 100
- Total:** 2,000



# 64 Workout

**Focus Point:** Unified Arm Stroke and Breathing Action

Warm up: 200

Kick: 200 – other than breaststroke kick

Drill: 4 x 50 “Corners Drill” w/10 SR – feel lift at the corners

Drill: 4 x 50 “Corners Drill” w/10 SR – feel face rise during insweep

Swim: 200 Breaststroke – inhale as face rises during insweep

Drill: 4 x 50 “Fold and Shrug” w/10 SR – feel weight shifting forward after inhale

Drill: 4 x 50 “Fold and Shrug” w/10 SR – feel face return to water between extended arms

Swim: 200 Breaststroke – exhale in streamline position

**50 Easy**

Swim: 8 x 25 Fast Breaststroke w/15 SR – feel unified arm stroke and breathing action

Cool down: 100

Total: 1,950



# 65 Workout

## Focus Point: Find the Natural High Point

Warm up: 200

Kick: 200 – other than breaststroke kick

Drill: “Rocking Drill” – 1 min. – feel the high point of the head

Drill: “Rocking Drill” – 1 min. – feel the high point of the heels

Swim: 8 x 50 Breaststroke w/15 SR – feel the natural high point

Drill: 100 “Shoot to Streamline” – feel the high point of the head and heels

Drill: 100 “Shoot to Streamline” – inhale at the high point of head and heels

Swim: 7 x 50 Breaststroke w/15 SR – feel the natural high point

Drill: 100 “Inhale at the High Point” – inhale at the high point of head and heels

Drill: 100 “Inhale at the High Point” – inhale before recovery and kick

Swim: 6 x 50 Breaststroke w/15 SR – feel the natural high point before recovery and kick

Cool down: 100

Total: 1,950



# 66 Workout

### **Focus Point:** Look at the Water While Inhaling

Warm up: 200

Kick: 300 – other than breaststroke kick

Swim: 100 Breaststroke – count strokes

Swim: 100 Breaststroke – look forward, count strokes, compare

Swim: 100 Breaststroke – look down at the water, count strokes, compare

Drill: 4 x 50 “Eyes on the Water” w/15 SR – look down at the water

Drill: 4 x 50 “Corners Drill” w/15 SR – watch hands at corners

Drill: 4 x 50 “Shoot to Streamline” w/15 SR – watch hands transition to recovery

Drill: 4 x 50 “Fold and Shrug” w/15 SR – look at the water while inhaling

Swim: 100 Breaststroke – count strokes, compare

Swim: 8 x 25 Breaststroke w/10 SR – eyes on the water

Cool down: 100

Total: 2,000





# 67 Workout

**Focus Point:** No Nodding!

**Warm up:** 200

**Kick:** 8 x 50 w/10 SR – other than breaststroke kick

**Swim:** 200 Breaststroke – shift weight forward from chest

**Swim:** 100 Breaststroke – accelerate hands on insweep

**Swim:** 50 Breaststroke – inhale at the natural high point

**Drill/Swim:** 12 x 25 alternating 25s of “Tennis Ball Drill”/Breaststroke  
– don’t drop ball while inhaling

**Swim:** 200 Breaststroke – look down at the water throughout stroke

**Swim:** 100 Breaststroke – use rocking motion from core

**Swim:** 50 Breaststroke – lean into recovery with chest

**Drill/Swim:** 12 x 25 alternating 25s of “Tennis Ball Drill”/Breaststroke  
– no nodding

**Cool down:** 100

**Total:** 2,000



# 68 Workout

### Focus Point: Power From the Core

**Warm up:** 200

**Kick:** 12 x 25 alternating 25s of fast/easy w/10 SR – other than breaststroke kick

**Drill:** 100 “Corners Drill” – feel lift

**Drill:** 100 “Breaststroke with Dolphin” – exaggerate the lift

**Drill/Swim:** 100 alternating 25s of “Breaststroke with Dolphin”/Breaststroke – achieve lift

**Drill:** 100 “Rocking Drill” – feel high and low chest positions

**Drill:** 100 “Breaststroke with Dolphin” – exaggerate high and low chest positions

**Drill/Swim:** 100 alternating 25s of “Breaststroke with Dolphin”/Breaststroke – achieve high and low chest positions

**Drill:** 100 “Fold and Shrug” – feel weight shift forward

**Drill:** 100 “Breaststroke with Dolphin” – exaggerate weight shifting forward

**Drill/Swim:** 100 alternating 25s of “Breaststroke with Dolphin”/Breaststroke – achieve forward shift of weight

**Drill:** 100 “Shoot to Streamline” – feel the downhill streamline

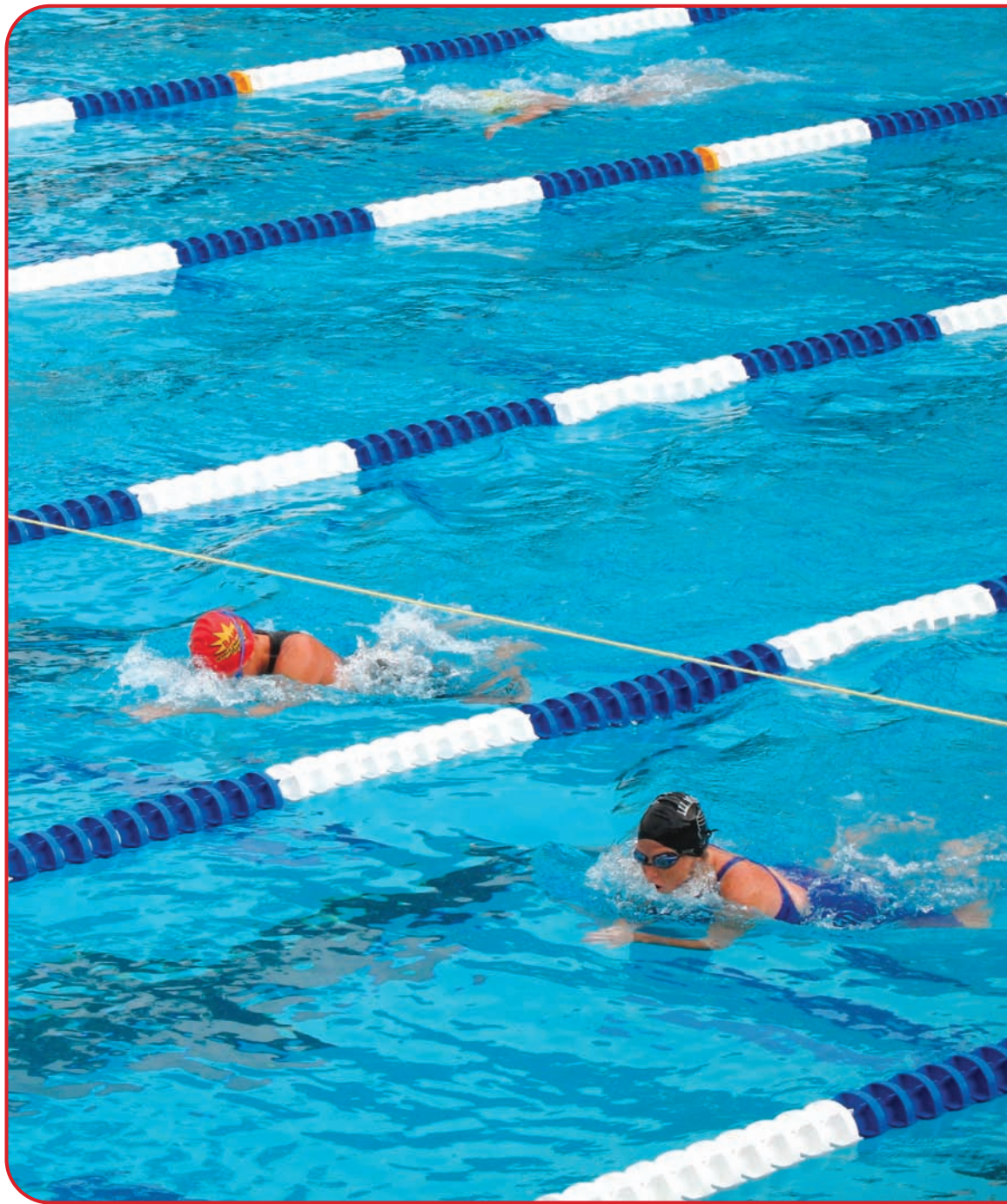
**Drill:** 100 “Breaststroke with Dolphin” – exaggerate the downhill streamline

**Drill/Swim:** 100 alternating 25s of “Breaststroke with Dolphin”/Breaststroke – achieve the downhill streamline

**Swim:** 8 x 25 Breaststroke w/10 SR – achieve power from the core

**Cool down:** 100

**Total:** 2,000



# 69 Workout

### **Focus Point:** Overcoming Flat Breaststroke

Warm up: 200

Kick: 300 – other than breaststroke kick

Drill: 200 “Breaststroke with Dolphin” – feel rocking motion

Drill/Swim: 6 x 50 alternating “Breaststroke with Dolphin”/Breaststroke w/15 SR – feel rocking motion

Swim: 200 Breaststroke – feel rocking motion

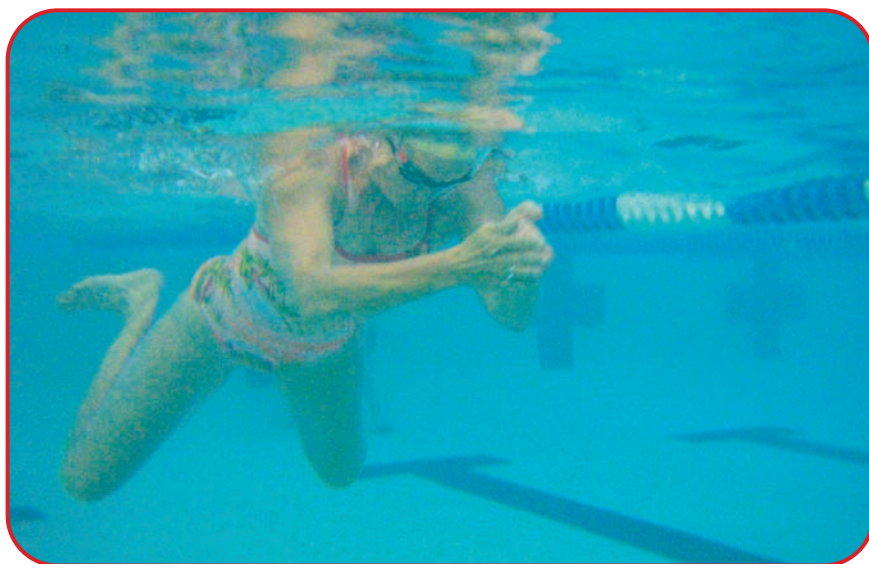
Drill: 200 “Breaststroke Alternating Dolphin & Breaststroke Kick” – use rocking motion

Drill/Swim: 6 x 50 alternating “Breaststroke Alternating Dolphin & Breaststroke Kick”/Breaststroke w/15 SR – use rocking motion

Swim: 200 Breaststroke – use rocking motion

Cool down: 100

Total: 2,000





# 70 Workout

### Focus Point: Breaststroke Sequence

Warm up: 200

Kick: 200 – other than breaststroke kick

Swim: 100 Breaststroke – focus on starting the arm stroke from streamline

Swim: 100 Breaststroke – focus on starting the inhale at the corners

Swim: 100 Breaststroke – focus on starting the kick when the arms are in mid recovery

Swim: 100 Breaststroke – focus on achieving complete streamline after the kick

Drill: 8 x 50 “Stroke, Breathe, Kick, Glide Mantra”

Swim: 8 x 50 Breaststroke w/10 SR – maintain the sequence of stroke elements

### 50 Easy

Swim: 6 x 25 alternating 25s of Fast Breaststroke/Easy Breaststroke – maintain the sequence

Cool down: 100

Total: 2,000



# 71 Workout

### Focus Point: Coordinated Breaststroke

Warm up: 200

Kick: 300 – other than breaststroke kick

Drill: 100 “Corners Drill” – find the high point in the stroke

Drill: 100 “Inhale at the High Point” – inhale the high point of the stroke

Swim: 8 x 50 Breaststroke w/15 SR – stroke up to breathe

Drill: 100 “Breaststroke Alternating Dolphin & Breaststroke Kick” – kick and achieve downhill streamline

Drill: 100 “Shoot to Streamline” – kick follows arms to streamline

Swim: 8 x 50 Breaststroke w/15 SR – kick down to streamline

Drill: 4 x 25 “Stroke Up to Breathe, Kick Down to Glide” w/10 SR – feel coordination

Swim: 4 x 25 Fast Breaststroke w/15 SR – stroke up to breathe, kick down to glide

Cool down: 100

Total: 2,000





## 72 Workout

### Focus Point: Avoiding Drag

**Warm up:** 200

**Kick:** 200 – other than breaststroke kick

**Drill:** 8 x 25 “Hand Speed Drill” w/10 SR – no halt, get back to home base

**Drill:** 4 x 50 “Half Stroke Breaststroke” w/15 SR – keep stroke small, quick and forward

**Swim:** 100 Breaststroke – avoid drag in arm stroke from halting and over-size stroke

**Drill:** 8 x 25 “Breaststroke Kick on Back” w/10 SR – straight line from knees to shoulders

**Drill:** 4 x 50 “Heads Up Breaststroke Kick” w/15 SR – knees closer together than heels

**Swim:** 100 Breaststroke – avoid drag in kick from folded hips and unstable knee position

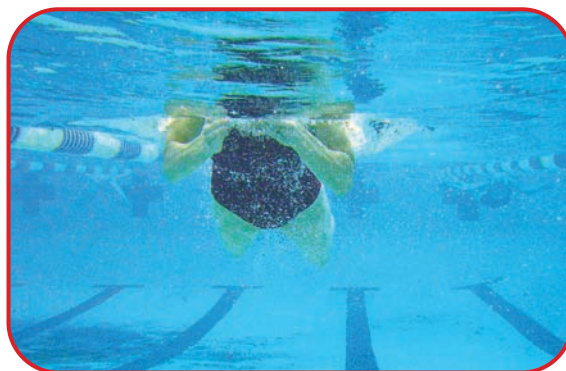
**Drill:** 8 x 25 “Eyes on the Water” w/10 SR – look down at the water

**Drill:** 4 x 50 “Fold and Shrug” w/15 SR – shift weight forward into streamline

**Swim:** 100 Breaststroke – avoid drag in breathing from looking forward and stopping momentum

**Cool down:** 100

**Total:** 2,000



# 73 Workout

### Focus Point: Breaststroke Tempo

Warm up: 200

Kick: 8 x 25 w/10 SR – other than breaststroke kick

Drill: 4 x 50 “No Stars” – think arms, then legs

Swim: 200 Breaststroke – increase tempo, think arms, then legs

Swim: 100 Breaststroke – increase tempo, think arms, then legs

Swim: 50 Breaststroke – increase tempo, think arms, then legs

Swim: 25 Breaststroke – increase tempo, think arms, then legs

#### 50 Easy

Drill: 4 x 50 “Glide Length, Glide Speed” w/10 SR

Swim: 200 Breaststroke – think arms, then legs

Swim: 100 Breaststroke – increase tempo, maintain arms, then legs

Swim: 50 Breaststroke – increase tempo, maintain arms, then legs

Swim: 25 Breaststroke – increase tempo, maintain arms, then legs

#### 50 Easy

Swim: 8 x 25 alternating 25s of Fast Breaststroke/Freestyle w/15 SR – maintain arms, then legs

Cool down: 100

Total: 1,950



# 74 Workout

**Focus Point:** Maximizing Power, Minimizing Drag

**Warm up:** 200

**Kick:** 200 – other than breaststroke kick

**Drill:** 200 “Breaststroke with Dolphin” – feel rocking motion

**Drill:** 200 “Breaststroke Alternating Dolphin and Breaststroke Kick” – feel power from the core

**Swim:** 4 x 25 Breaststroke w/10 SR – achieve rocking motion and generate power from the core

**Drill:** 200 “No Stars” – arms, then legs

**Drill:** 200 “Half Stroke Breaststroke” – quick, forward arm stroke

**Swim:** 4 x 25 Breaststroke w/10 SR – achieve good timing to avoid drag

**Drill:** 200 “Shoot to Streamline” – get through the drag point back to home base

**Drill:** 200 “Thread the Needle” – aim your power forward

**Swim:** 4 x 25 Breaststroke w/10 SR – minimize drag and maximize power

**Cool down:** 100

**Total:** 2,000



# 75 Workout

### **Focus Point:** Finding Your Stroke Count

**Warm up:** 200

**Kick:** 200 – other than breaststroke kick

**Swim:** 200 Freestyle – count strokes

**Swim:** 200 Breaststroke – count strokes (aim for half your freestyle count)

**Swim:** 200 alternating 25s of Freestyle/Breaststroke – count strokes

**Drill:** 4 x 50 “Fist Freestyle” w/15 SR

**Drill:** 4 x 50 “Breaststroke with Fists” w/15 SR

**Swim:** 200 Freestyle – count strokes

**Swim:** 200 Breaststroke – count strokes

**Swim:** 200 alternating 25s of Freestyle/Breaststroke – count strokes (aim for half your freestyle count)

**Cool down:** 100

**Total:** 2,000



## Technique Workouts for Butterfly

# 76 Workout

### Focus Point: Butterfly Body Motion

Warm up: 200

Kick: 300 your choice

Drill: Bowing – 2 min.

Drill: 4 x 25 “Weight Shifting” – head leading w/15 SR – horizontal bowing

Drill: 4 x 25 “Weight Shifting” – head leading w/15 SR – hips remain high

Drill: 4 x 25 “Weight Shifting” – head leading w/15 SR – use abdominals to shift weight

Drill: 4 x 50 “Body Wave” – head leading w/15 SR – head to hips

Drill: 4 x 50 “Body Wave” – hands leading w/15 SR – hands to hips

Drill: 4 x 50 “Body Wave” – head leading w/15 SR – head to hips to feet

Drill: 4 x 50 “Body Wave” – hands leading w/15 SR – hands to hips to feet

Cool down: 100

Total: 1,700 + 2 min. stationary drills



# 77 Workout

### Focus Point: Maintain High Hips

Warm up: 200

Kick: 200 your choice

Drill: 200 “Dipping” – maintain high hips

Drill: 200 “Body Wave” head leading – roll the wave through hips

Drill: 8 x 25 “Deep to Shallow Dolphin” w/10 SR – maintain high hips

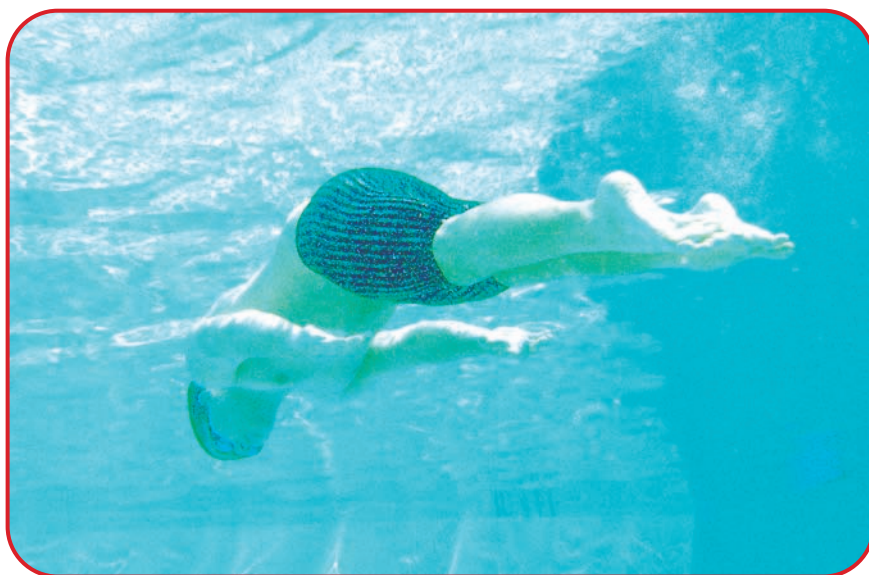
Drill: 200 “Dipping” – low chest, high hips

Drill: 200 “Body Wave” hands leading – roll the wave through hips

Drill: 8 x 25 “Deep to Shallow Dolphin” w/10 SR – balance from hips

Cool down: 100

Total: 1,700





# 78 Workout

**Focus Point:** The Kick Action Ends at the Feet

Warm up: 200

Kick: 300 your choice

Drill: 8 x 25 “Dipping” w/10 SR – chest begins action

Drill: 4 x 50 “Body Wave” head leading w/15 SR – roll the wave chest to hips

Drill: 200 “Deep to Shallow Dolphin” – roll the wave through the hips

Drill: 4 x 50 “Body Wave” head leading w/15 SR – roll the wave chest to hips to the feet

Drill: 8 x 25 “Deep to Shallow Dolphin” w/10 SR – feet follow the head

Drill: 200 “Breaststroke with Dolphin” – kick action ends at the feet

Cool down: 100

Total: 1,800



# 79 Workout

### Focus Point: Fluid Dolphin Action

Warm up: 200

Kick: 200 your choice

Drill: 8 x 25 “Dipping” w/10 SR – rhythmic dip

Drill: 8 x 50 “Body Wave” w/15 SR – rhythmic wave

Drill: 8 x 50 “Deep to Shallow Dolphin” w/15 SR – rhythmic wave

Drill: “Vertical Dolphin” – 30 sec. – keep head above water

Drill: “Vertical Dolphin” – 30 sec. – flip each kick down to the feet

Drill: “Vertical Dolphin” – 30 sec. – rhythmic wave

Drill: 4 x 50 “Deep to Shallow Dolphin” w/15 SR – fluid, rhythmic wave

Kick: 4 x 25 Dolphin - hands leading w/10 SR – fluid dolphin action

Cool down: 100

Total: 1,800 + 1.5 min. stationary drills



# 80 Workout

**Focus Point:** Feeling Full Body Dolphin

Warm up: 200

Kick: 300 your choice

Drill: 4 x 25 “Weight Shifting” w/10 SR – use your abdominals

Drill: 8 x 25 “Body Wave” w/10 SR – roll the action down from chest to feet

Drill: 4 x 50 “Dolphin Dives” – feel your body and legs follow your head

Drill: 200 “Breaststroke with Dolphin” – body and legs follow your head

Drill: 4 x 50 “Dolphin Dives” – faster tempo

Drill: 8 x 25 “Body Wave” w/10 SR – feel full body dolphin

Cool down: 100

Total: 1,900



# 81 Workout

**Focus Point:** Kick Water Not Air

Warm up: 200

Kick: 300 your choice

Drill: 200 “Body Wave” – rhythmic action

Drill: 200 “Body Wave” with fins – low knee bend, keep feet connected to water

Drill: 200 “Body Wave” – low knee bend, keep feet connected to water

Drill: 200 “Deep to Shallow Dolphin” – rhythmic action

Drill: 200 “Deep to Shallow Dolphin” with fins – keep fins connected to water

Drill: 200 “Deep to Shallow Dolphin” – keep feet connected to water

Kick: 8 x 25 dolphin – hands leading w/10 SR – kick water not air

Cool down: 100

Total: 2,000



# 82 Workout

**Focus Point:** Snapping Your Kick Downward

Warm up: 200

Kick: 200 your choice

Drill: 200 “Body Wave” – whiplike action from chest to feet

Kick: 200 dolphin kick – hands leading – whiplike action from hands to feet

Drill: “Vertical Dolphin” – 1 min. – snap forward, relax back

Drill: 4 x 25 “Back Dolphin” w/10 SR – snap up, relax down

Kick: 200 dolphin kick – snap down, relax up

Drill: 200 “Body Wave” – kick snaps down when chest is high

Kick: 200 dolphin kick – avoid raising heels and head at the same time

Drill: “Vertical Dolphin” – 1 min. – snap forward, relax back

Drill: 4 x 25 “Back Dolphin” w/10 SR – snap up, relax down

Kick: 200 dolphin kick – snap down, relax up

Cool down: 100

Total: 1,900 + 2 min. stationary drills





# 83 Workout

### **Focus Point:** Think Double Arm Freestyle

**Warm up:** 200

**Kick:** 8 x 50 your choice w/10 SR

**Swim:** 4 x 50 Freestyle w/15 SR – focus on the three dimensional sweep of the arm stroke

**Drill:** 4 x 25 “Tracing Question Marks” – w/15 SR – trace wide to narrow question marks

**Drill:** 4 x 25 “Tracing Question Marks” – w/15 SR – trace deep to shallow question marks

**Swim:** 4 x 50 Freestyle w/15 SR – focus on reaching forward before starting stroke

**Drill:** 4 x 25 “Tracing Question Marks” – w/15 SR – reach forward before each stroke

**Drill:** 4 x 25 “Tracing Question Marks” – w/15 SR – reach forward into each stroke

**Swim:** 4 x 50 Freestyle w/15 SR – focus on the front to back direction of the arm stroke

**Drill:** 4 x 25 “Tracing Question Marks” – w/15 SR – avoid pressing down to start stroke

**Drill:** 4 x 25 “Tracing Question Marks” – w/15 SR – stroke from front to back

**Cool down:** 100

**Total:** 1,900





# 84 Workout

**Focus Point:** Pull, Then Push

Warm up: 200

Kick: 300 alternating 50s of flutter kick/dolphin

Drill: 200 “Pull/Push Freestyle” – feel pull

Drill: 200 “Pull/Push Freestyle” – feel push

Drill: 4 x 25 “One Arm Fly” w/15 SR – feel pull

Drill: 4 x 25 “One Arm Fly” w/15 SR – feel push

Drill: 200 “Pull/Push Freestyle” – feel pull

Drill: 200 “Pull/Push Freestyle” – feel push

Drill: 4 x 25 “Tracing Question Marks” w/15 SR – feel pull

Drill: 4 x 25 “Tracing Question Marks” w/15 SR – feel push

Swim: 4 x 25 alternating 25s of Freestyle/Butterfly w/15 SR – feel pull, then push

Cool down: 100

Total: 1,900



# 85 Workout

**Focus Point:** Accelerate the Arm Stroke

Warm up: 200

Kick: 200 alternating 25s of dolphin/flutter

Swim: 8 x 50 Freestyle – w/15 SR – feel arm stroke accelerate towards the back

Drill: 4 x 50 “One Arm Butterfly” w/15 SR – accelerate stroke towards the back

Swim: 8 x 50 Freestyle – w/15 SR – feel stroke gain speed from front to back

Drill: 4 x 50 “One Arm Butterfly” w/15 SR – stroke gains speed from front to back

Drill: 8 x 25 “Left Arm, Right Arm, Both Arms” w/15 SR – accelerate the arm stroke

Cool down: 100

Total: 1,900



# 86 Workout

**Focus Point:** Finish Outward

Warm up: 200

Kick: 200 your choice

Swim: 8 x 50 Freestyle w/15 SR – press back to finish stroke

Drill: 4 x 25 “Tracing Question Marks” w/15 SR – press out to finish stroke

Drill: 200 “One Arm Butterfly” – quick press out to finish stroke

Swim: 200 Freestyle – quick press back to finish stroke

Drill: 8 x 50 “Left Arm, Right Arm, Both Arms” w/15 SR – quick press out to finish stroke

Drill/Swim: 8 x 25 alternating 25s of “Round off”/Freestyle w/15 SR – quick finish, out on fly, back on free

Cool down: 100

Total: 2,000



# 87 Workout

## Focus Point: Positive Recovery

Warm up: 200

Kick: 8 x 25 dolphin alternating 25s of head leading/hands leading w/10 SR

Drill: “Recovery in Place” 30 sec. – thumbs up – notice “negative recovery” with elbows dragging through water

Drill: “Recovery in Place” 30 sec. – thumbs down – notice “positive recovery” with arms arching over the water

Drill/Swim: 8 x 25 – 6 strokes “Pinkies Up” then Freestyle w/ 15 SR – arms arch over the water

Drill/Swim: 8 x 25 – 6 strokes “Pinkies Up”, then Freestyle w/ 15 SR – thumbs down, pinkies up

Drill/Swim: 8 x 25 – 6 strokes “Pinkies Up”, then Freestyle w/ 15 SR – recovery clears the water

Drill: 8 x 50 “One Arm Butterfly” w/15 SR – maintain pinkie up hand position throughout recovery

Drill: 4 x 50 “Left Arm, Right Arm, Both Arms” w/15 SR – positive recovery

Drill/Swim: 8 x 25 alternating 25s of “Pinkies Up”/Freestyle w/15 SR

Cool down: 100

Total: 1,900 + 1 min. stationary drills



# 88 Workout

### Focus Point: Achieving a Relaxed Recovery

Warm up: 200

Kick: 200 dolphin alternating 25s on front/on back

Swim: 8 x 50 Freestyle w/10 SR – emphasize a relaxed arm and hand throughout recovery

Drill: 8 x 25 “One Arm Butterfly” w/15 SR – relax arm and hand throughout recovery

50 Easy

Drill: 4 x 25 “The Flop” w/15 SR – generate recovery from chest

50 Easy

Drill/Swim: 8 x 50 alternating 25s of “One Arm Butterfly”/Freestyle – chest leads recovery, hands follow

50 Easy

Drill: 4 x 25 “The Flop” w/15 SR – hand, wrist, arms and shoulders should be relaxed

50 Easy

Swim: 4 x 25 alternating 25s of Butterfly/Freestyle w/15 SR – achieve a relaxed recovery

Cool down: 100

Total: 2,000



# 89 Workout

### Focus Point: Enter Wide and Reach

Warm up: 200

Kick: 200 your choice

Drill: 4 x 25 “One Arm Butterfly” w/15 SR – hand enters out side shoulder

Drill: 4 x 25 “One Arm Butterfly” w/15 SR – push elbow to straight

Drill: 4 x 25 “One Arm Butterfly” w/15 SR – reach forward with thumbs

Drill/Swim: 4 x 50 alternating 25s of “Reaching to a “Y”/Freestyle w/15 SR – enter wide

Drill/Swim: 4 x 50 alternating 25s of “Reaching to a “Y”/Freestyle w/15 SR – enter wider

Drill/Swim: 4 x 50 alternating 25s of “Reaching to a “Y”/Freestyle w/15 SR – enter wide, push elbows to straight

Drill/Swim: 4 x 50 alternating 25s of “Reaching to a “Y”/Freestyle w/15 SR – enter wider, push elbows to straight

Drill/Swim: 4 x 50 alternating 25s of “Reaching to a “Y”/Freestyle w/15 SR – enter wide, push elbow to straight, reach forward with thumbs

Drill/Swim: 4 x 50 alternating 25s of “Reaching to a “Y”/Freestyle w/15 SR – enter wider, push elbow to straight, reach forward with thumbs

Cool down: 100

Total: 2,000





# 90 Workout

### Focus Point: Balance on Your Chest

Warm up: 200

Kick: 200 your choice

Swim: 8 x 50 Freestyle w/15 SR – swim downhill

Drill: 8 x 25 “Advanced One Arm Fly” w/15 SR – balance on chest when arm enters

Drill/Swim: 8 x 25 – 6 strokes “Reaching a “Y”, then Freestyle w/15 SR - chest low when you reach the “Y”

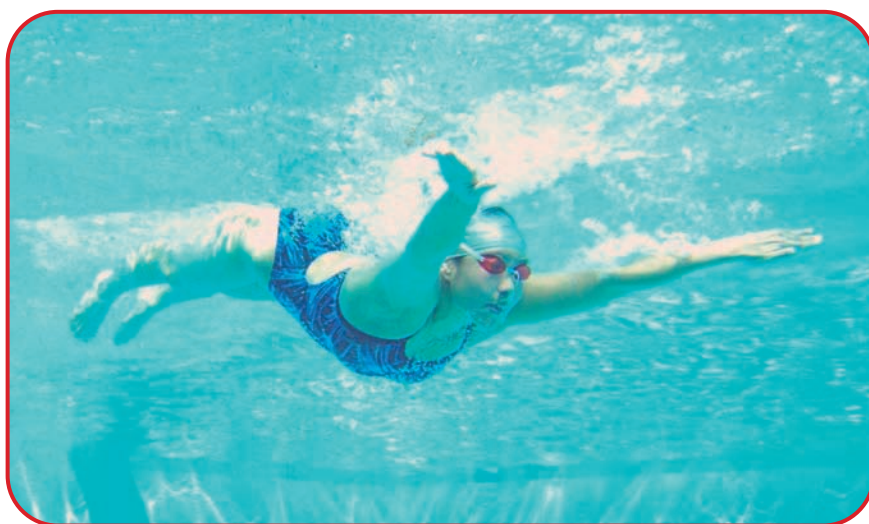
Drill/Swim: 8 x 25 6 strokes “Chest Balance”, then Freestyle w/15 SR – chest low, hips high when arms enter

Swim: 8 x 50 alternating 25s of Butterfly/Freestyle w/15 SR – downhill balance

Swim: 4 x 25 Butterfly w/30 SR – balance on chest when arms enter

Cool down: 100

Total: 2,000



# 91 Workout

**Focus Point:** Grab and Go . . . Don't Lose Your Momentum

**Warm up:** 200

**Kick:** 8 x 25 dolphin w/10 SR – fluid action

**Swim:** 100 Freestyle – emphasizing unified entry, reach and catch action

**Swim/Drill:** 200 alternating 25s of Freestyle/“One Arm Butterfly” – enter, reach and catch

**Swim/Drill:** 200 alternating 25s of Freestyle/“Advanced One Arm Butterfly” – enter, reach and catch

**Swim:** 100 Freestyle – emphasizing continuous entry, reach and catch action

**Swim/Drill:** 200 alternating 25s of Freestyle/“One Arm Butterfly” – maintain momentum at entry

**Swim/Drill:** 200 alternating 25s of Freestyle/“Advanced One Arm Butterfly” – maintain momentum at entry

**Drill/Swim:** 8 x 25 “No Pause Butterfly” for 6 strokes, then Freestyle w/15 SR – grab water and go

**Swim:** 8 x 25 alternating 25s of Butterfly/Freestyle w/15 SR – Grab and go . . . don't lose your momentum

**Cool down:** 100

**Total:** 1,900



# 92 Workout

**Focus Point:** Inhale at the Natural High Point of the Stroke

**Warm up:** 200

**Kick:** 200 dolphin

**Swim:** 200 Freestyle – focus on the rhythmic breathing

**Drill:** “Breathing Timing Drill” – 30 seconds – face in water with arms forward, face out with arms back

**Drill:** “Breathing Timing Drill” – 30 seconds – face rises as arms pull back

**Drill:** “Breathing Timing Drill” – 30 seconds – face descends as arms recover

**Swim:** 8 x 25 for 8 strokes Butterfly, then Freestyle w/15 SR – face rises as arms pull back

**Swim:** 8 x 25 for 8 strokes Butterfly, then Freestyle w/15 SR – face descends as arms recover

**Drill:** 200 “Flying Dolphin Dives” – feel the natural high point of the stroke

**Drill:** 200 “Flying Dolphin Dives” – inhale at the natural high point of the stroke

**Swim:** 200 Freestyle – focus on the continual inhale/exhale action

**Drill:** “Breathing Timing Drill” – 30 seconds – exhale while face is in water

**Drill:** “Breathing Timing Drill” – 30 seconds – inhale when face rises

**Drill:** “Breathing Timing Drill” – 30 seconds – no breath holding!

## Technique Workouts for Butterfly

**Drill/Swim:** 8 x 25 “No Pause Butterfly” 8 strokes, then Freestyle w/15 SR – inhale at the high point

**Swim:** 4 x 25 Butterfly w/20 SR – find the natural high point of the stroke and inhale

**Cool down:** 100

**Total:** 2,000 + 3 min. stationary drills





# 93 Workout

**Focus Point:** Look Down at the Water When Inhaling

Warm up: 200

Kick: 8 x 50 your choice w/10 SR

Swim: 8 x 50 Freestyle w/15 SR – focus on low profile breathing

Swim: 8 x 50 Breaststroke w/15 SR – focus on looking at the water while inhaling

Drill/Swim: 8 x 25 “Eyes on the Water Butterfly” for 8 strokes, then Freestyle w/15 SR – look down at the water

Swim: 8 x 25 alternating 25s of Butterfly/Breaststroke w/15 SR – look down at the water while inhaling

Cool down: 100

Total: 1,900





# 94 Workout

**Focus Point:** Breathe Forward, Not Up!

**Warm up:** 200

**Kick:** 200 your choice

**Swim:** 200 Freestyle w/15 SR – feel reach, then catch

**Swim:** 200 Freestyle w/15 SR – feel pull, then push

**Drill:** 200 “One Arm Butterfly” – feel reach, catch, pull, push

**Drill/Swim:** 4 x 25 “Tracing Question Marks” for 8 strokes, then Freestyle w/15 SR – feel reach, catch, pull, push

**Drill/Swim:** 4 x 25 “Tracing Question Marks” for 8 strokes, then Freestyle w/15 SR – feel the front to back motion of each stroke

**Drill:** “Pitch to Press” 1 min. – focus on pitching hands to press back, not down on the water

**Swim:** 8 x 50 alternating 25s of “Tracing Question Marks”/ Freestyle w/15 SR – breathe forward, not up

**Drill:** 8 x 25 “No Pause Butterfly” for 10 strokes, then Freestyle w/15 SR – breathe forward while pressing back

**Cool down:** 100

**Total:** 1,900 + 1 min. stationary drills



# 95 Workout

**Focus Point:** Get Your Head Back Down Quickly  
into the Line of the Stroke

Warm up: 200

Kick: 200 dolphin

Swim: 8 x 50 Freestyle w/15 SR – focus on rhythmic breathing

Swim: 8 x 25 for 8 strokes Butterfly, then Freestyle w/15 SR –  
face rises as arms pull back

Swim: 8 x 25 for 8 strokes Butterfly, then Freestyle w/15 SR –  
face descends as arms recover

Drill: 4 x 25 “Positive Recovery” w/15 SR – feel arch recovery  
over water

50 Easy

Drill: 4 x 25 “The Flop” w/15 SR – head descends with chest

50 Easy

Drill: 4 x 25 “Hammer and Nail” w/15 SR – forehead hits water  
first, not chin

50 Easy

Drill: 4 x 25 “Reaching to a “Y” w/15 SR – head returns to the  
water before hands

50 Easy

Swim: 4 x 25 Butterfly for 10 strokes, then Freestyle w/15 SR –  
get head back down into the line of the stroke

Cool down: 100

Total: 2,000



# 96 Workout

### **Focus Point:** Finding Your Best Breathing Pattern

**Warm up:** 200

**Kick:** 8 x 50 your choice w/10 SR

**Swim:** 100 Freestyle – breathing every 2 strokes

**Swim:** 100 Freestyle – breathing every 3 strokes

**Swim:** 100 Freestyle – breathing every 4 strokes

**Swim:** 100 Freestyle – breathing every 5 strokes

**Swim:** 50 Butterfly w/15 SR – breathing every 4 strokes

**Swim:** 50 Butterfly w/15 SR – breathing every 3 strokes

**Swim:** 50 Butterfly w/15 SR – breathing every 2 strokes

**Swim:** 50 Butterfly w/15 SR – breathing every stroke

### 50 Easy

**Swim:** 200 Freestyle with your most comfortable breathing pattern

**Swim:** 25 Butterfly – choose the breathing pattern that is most sustainable

**Swim:** 25 Butterfly – choose the breathing pattern that is most rhythmic

**Swim:** 25 Butterfly – choose the breathing pattern that is most fluid

**Swim:** 25 Butterfly – choose the breathing pattern that most comfortable

### 50 Easy

**Swim:** 8 x 25 alternating 25s of Butterfly/Freestyle – find your best breathing pattern

**Cool down:** 100

**Total:** 1,900





# 97 Workout

### Focus Point: Fitting Two Dolphins into Each Stroke

Warm up: 200

Kick: 300 your choice

Drill: 100 “Body Wave” – feel the dolphin action start high in the body and snap down to the feet

Drill: 200 “One Arm Butterfly” – feet snap down as arm enters and catches

Drill: 200 “One Arm Butterfly” – feet snap down again as arm finishes underwater stroke

Swim: 4 x 25 Butterfly w/15 SR – kick and pull, kick and push

Drill/Swim: 4 x 25 “No Kick Butterfly” for 10 strokes, then Freestyle w/15 SR – incorporate the body wave

Drill/Swim: 4 x 25 “No Kick Butterfly” for 10 strokes, then Freestyle w/15 SR – avoid over-bending knees

Drill/Swim: 4 x 25 “No Kick Butterfly” for 10 strokes, then Freestyle w/15 SR – feel the dolphin roll down to your feet anyway

Drill: 100 “Left Arm, Right Arm, Both Arms” – two dolphins per stroke

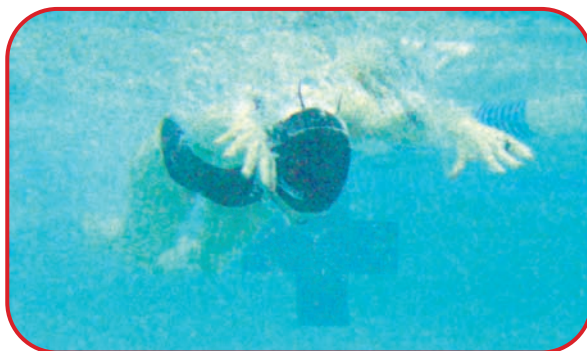
Swim: 4 x 25 Butterfly w/15 SR - kick and pull, kick and push

50 Easy

Swim: 4 x 25 Butterfly w/15 SR – kick to enter, kick to exit

Cool down: 100

Total: 1,850





# 98 Workout

**Focus Point:** Coordination: Kick and Catch

**Warm up:** 200

**Kick:** 8 x 50 your choice w/15 SR

**Drill:** 8 x 50 “Freestyle with Dolphin” w/15 SR – hand strikes the water as feet snap down

**Drill:** 200 “One Arm Butterfly” – feel kick and catch at the same time

**Swim:** 4 x 25 Butterfly w/15 SR – kick and catch

**50 Easy**

**Drill:** 200 “One Arm Butterfly” – feel kick and catch at the same time

**Swim:** 4 x 25 Butterfly w/15 SR – kick and catch

**50 Easy**

**Swim:** 8 x 25 alternating 25s of Butterfly/Freestyle w/15 SR – feel shift of weight down and forward as you kick and catch

**Cool down:** 100

**Total:** 2,000



# 99 Workout

### **Focus Point:** Coordination: Kick and Finish

**Warm up:** 200

**Kick:** 8 x 50 your choice w/15 SR

**Drill:** 8 x 50 “Freestyle with Dolphin” w/15 SR – hand quickly finishes stroke as feet snap down

**Drill:** 200 “Advanced One Arm Butterfly” – feel kick and finish at the same time

**Swim:** 4 x 25 Butterfly w/15 SR – kick and finish

#### **50 Easy**

**Drill:** 200 “Advanced One Arm Butterfly” – feel kick and finish at the same time

**Swim:** 4 x 25 Butterfly w/15 SR – kick and finish

#### **50 Easy**

**Swim:** 8 x 25 alternating 25s of Butterfly/Freestyle w/15 SR – feel forward lift as you kick and finish

**Cool down:** 100

**Total:** 2,000



# 100 Workout

### Focus Point: Butterfly Coordination

**Warm up:** 200

**Kick:** 8 x 50 alternating 50s of dolphin/flutter w/10 SR

**Drill:** 4 x 50 “One Arm Butterfly” w/15 SR – rhythmic stroke, rhythmic dolphin

**Drill:** 4 x 50 “Advanced One Arm Butterfly” w/15 SR – quick finish and kick at the same time

**Drill:** 4 x 25 “Eyes on the Water Butterfly” w/15 SR – breathe forward, not up

**Swim:** 4 x 25 Butterfly w/15 SR – emphasize fast round out finish of stroke

**50 Easy**

**Swim:** 4 x 25 Butterfly w/15 SR – emphasize fast finish and simultaneous kick

**50 Easy**

**Swim:** 4 x 25 Butterfly w/15 SR – emphasize fast finish, kick and inhale at the same time

**50 Easy**

**Drill/Swim:** 200 alternating 25s of “Coordination Checkpoint”/ Freestyle

**50 Easy**

**Swim:** 4 x 25 Butterfly w/15 SR – notice yourself move forward while you finish fast, kick and inhale

**Cool down:** 100

**Total:** 2,000







# CONCLUSION

Congratulations on taking on the journey of improving your swimming efficiency by working on the technique of swimming. If you have made it through all or most of these workouts, you have traveled a long way on that journey. You have practiced positive body position, productive kicking, the path of the stroke, recovery, alignment, leverage and coordination. You are now equipped with an awareness of many important elements that affect swimming efficiency.

You might be asking where this journey ends. The fact is, it doesn't. Even the most accomplished swimmer continues to refine technique, forever reaching for even more efficient swimming. It is a life long quest. It is a continuing journey of discovery, worth every stroke.

# CREDITS

Cover: Jens Vogelsang  
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Coach Blythe's Swim Workouts are appropriate for the self-coached swimmer and triathlete, as well as for coaches looking for workout content for the athletes they train.

## THE BOOK

This is the first book in a 3-book-series called "Coach Blythe's Swim Workouts". It contains 100 workouts that focus on improving general swimming efficiency, with specific workouts for each of the competitive swimming strokes. The workouts in this book blend swimming drills and conditioning sets that total up to 2,000 yards/meters. Each workout is accompanied by a "Focus Point" to help swimmers zero in on stroke improvements by eliminating drag, improving feel for the water, and swimming in a core-centered manner.

## THE AUTHOR

**Blythe Lucero** has been coaching swimming for more than 25 years. She currently oversees two teams, Berkeley Aquatic Masters and Berkeley Barracudas, where she brings her passion for swimming to the development and training of swimmers of all ages and abilities, from novice to world class. Blythe grew up in Berkeley, California in a large athletic family. She swam competitively in her youth, achieving All-American status in college. In addition to coaching swimming, she trains Water Safety Instructors for the Red Cross. She also works as a professional graphic designer. The 3-book-series "Coach Blythe's Swim Workouts" follows the successful book "The 100 Best Swimming Drills" published in 2007, and "Masters Swimming - A Manual" published in 2006.



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